

Ambassadors of Study at Valley Elementary School



VVES Principal Vincent Chao (l) and Michael Grice (r) flank the Visitacion Valley Elementary School Ambassadors Club.

The Ambassadors Club at Visitacion Valley Elementary School (VVES) was founded by retired educator Michael "Chappie" Grice at the request of school principal Vincent Chao to foster among a select group of elementary students the elements of leadership, citizenship and improving school achievement.

Centered at each weekly meeting were three important things: "A handshake protocol, whereby students practiced the art of the international handshake.

"The recitation of the poem *I Stand Tall*, an affirmation of the virtues: truth, justice, propriety, rectitude, balance, harmony and order.

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Ambassadors Club members at VVES were taught good study habits.

Millions in Grants Announced for S.F. Children's Fund

Mayor Gavin Newsom on May 8 announced the grantees for the next three year grant cycle of the Children's Fund. The announcement was made at the Portola Family Connections Center which will receive funds for parent/child drop in, the Excelsior Family Resource Center and for a neighborhood convener to organize community events.

The Mayor was joined by 10 other organizations representing the range of services that will be funded, including after-school programs, art, youth employment and violence prevention services.

"San Francisco's youth and families will be greatly served by these grants," said Mayor Newsom. "From afterschool programs to college and career preparation, or programs for homeless youth and fami-

Burton High School Teacher Among Six Awarded by Mayor

John Clancy, a teacher at Philip and Sala Burton High School was among six San Francisco instructors recently receiving the Mayor's Teacher of the Month Award.

"During my weekly school visits, I meet many of the dedicated teachers who are providing quality education to our students," said Mayor Newsom. "The Teacher of the Month Award allows me to commend their tireless efforts in shaping and influencing San Francisco's children."

In 2006, Mayor Newsom established the first of its kind San Francisco Mayor's Teacher of the Month (MTM) Award to recognize outstanding San Francisco public school teachers for their dedication, professionalism, and work on behalf of our City's young people.

Teachers receiving the award are nominated by the community—parents, youth, educators, administrators, and other community members—for excellence in their classroom, their school, and their City.

lies or to reduce violence in the city, we have addressed all of the different areas that are near and dear to my heart."

The Department of Children, Youth and Their Families (DCYF) added a new funding category for teen out-of-school-time (after school and summer) programs. This category received the highest number of proposals, and will be funded at a level of \$3.4 Million for 33 of the 80 proposals.

There will be 4,000 new teens served by programs that will range from college and career preparation, to cultural programs and leadership development.

The San Francisco Youth Commission budget recommendations to Mayor Newsom requested "more empowering and safe options" to reduce the level of violence. This significant increase in funding of teen programs responds to that recommendation.

Growth in the Children's Fund was used to meet the overwhelming number of competitive proposals in this area.

For the first time, DCYF will be funding conveners in 20 neighborhoods through trusted community based organizations in those neighborhoods. The goal is to improve the coordination and efficiency of services, improve accountability among service providers to meet resident needs, increase access to services by neighborhood residents, plan community-wide events, and share resources among agencies.

The range and quality of after school programs for children, ages 6-12 will be expanded. New grants of \$8.4 Million will be awarded to programs that offer services every day, as well as programs that offer enrichment opportunities.

Organizations which provide enrichment in theatre, art, video, science, technology, sports, and gardening will augment regular after school programs, as well as attract youth during the summer and weekends.

Daily after school programs were funded in every neighborhood in the city.

A panel of youth selected three youth entrepreneurial projects to fund, after learning about proposal writing and program evaluation.

They designed their own Request for Proposal (RFP), developed a review process, analyzed program proposals, and interviewed the youth applicants.

They selected gardening and food distribution business, a financial literacy project, and a youth art business for funding.

DCYF will be expanding youth employment and training opportunities, through innovative programs which train young people in everything from digital media and technology to journalism and skill for careers in the health field.

Homeless families and youth will also be the recipients of additional services through a family support center, specialized after school programs, trips and cultural experiences. Services will be in public housing including Bernal Dwellings, Sunnydale, Alice Griffith, North Beach, Westpoint, Hunters View and Valencia Gardens.

For the first time, DCYF had a family support funding category in its major RFP. After consultations with First5 and Human Services Agency, a collaborative approach to funding in this area was developed. As a result, the three city agencies will fund family support programs throughout the entire city.

A program for day laborers will be funded for the first time, as well as a youth-run teen parent resource center, and family resource centers from Chinatown to the Excelsior to Visitacion Valley.

Thirty-five new agencies were also funded. New agencies will serve children with disabilities, provide new enrichment programs, become neighborhood conveners, serve immigrant families and offer evening teen programming.

Plans Announced for Small Business Assistance Center in San Francisco

Joined by Treasurer Jose Cisneros, Mayor Newsom on May 7 announced the creation of a Small Business Assistance Center, dedicated to serving the needs of small businesses in San Francisco. The Center will serve as a "one-stop" shop for all city-related business needs.

Currently, to open or expand a business in San Francisco, a business owner must visit several agencies, situated in different locations, each operating autonomously and without knowledge of each other's requirements and timelines.

This one-stop Business Assistance Center will be a physical center, located in the Treasurer and Tax Collector's office, staffed by a team of highly trained case managers that will be responsible for assessing business needs and providing targeted one-on-one assistance in the following five key areas:

***Business Start-up/Expansion** – case managers will assist businesses in determining the appropriate legal business structure, obtaining necessary licenses, accessing financial resources, and finding appropriate real estate.

***Permit Assistance** – case managers will assist businesses in navigating the permitting process at DBI, Planning, DPH, etc., will trouble-shoot permit related issues and help coordinate the permit process among multiple agencies.

***Procurement** – case managers will help businesses become certified to do business with the City of San Francisco and provide guidance on how to bid on government contracts.

***Compliance with Government Laws and Regulations** – case managers will provide accurate and detailed information regarding complying with the myriad of local, state and federal business laws, including the Minimum Wage, Paid Sick Leave and Health Access Program ordinances.

***Resource Referrals** – case managers will connect businesses to City services, merchant associations and trade organizations as well as and nonprofit and private sector resources.

"In recent months the City has asked a lot of our local business community," said Mayor Newsom. "As a former small business owner in San Francisco, I can assure you that the creation of a small business assistance center is a much needed reform that will greatly aid any up and coming business."

Case managers will track all business assistance requests using 311's CRM application to ensure timely resolution. The Center will also feature an "expert" help desk

that will be staffed by representatives from key city departments. Those representatives will also be available by both appointment and on a drop-in basis.

Departments that regularly interface with businesses will staff the help desk on a rotating basis. Representatives from DBI, HRC, Purchasing, the Fire Department, Planning, DPW, and DPH will be asked to participate.

Also, city-funded Neighborhood Economic Development Organizations will staff the help desk on a regular basis.

The Business Assistance Center will include a robust online presence that will further streamline access to City information and services.

Initially the site will serve as a business' online guide to navigating the government process and include a directory of City services and programs, customized start-up checklists, as well as answers to commonly asked questions.

"I recognize that the great majority of businesses in San Francisco are small businesses. The new Business Assistance Center will guide businesses through the registration and permitting process, and directly benefit our small business community, which is a cornerstone of our economy," said Treasurer Jose Cisneros. "Customer service is a top priority in the Treasurer's Office, and this is one more way we can serve the business community."

First year costs for the Small Business Assistance Center are being budgeted at approximately \$500,000. Much of this cost is one time expenditures on infrastructure build out and initial business outreach.

The Business Assistance Center will initially be staffed by up to four case managers, a community outreach manager and a Director. The Director will report to the Treasurer and Tax Collector's Office and will coordinate efforts with the Small Business Commission Director.

The Small Business Assistance Center will be located on the first floor of City Hall, in the Treasurer and Tax Collector's Office, which serves approximately 50 to 100 businesses daily.

The Tax Collector's Office is often business' first contact with city government, as all business owners must initially register and obtain businesses licenses through the Tax Collector's Office.

During this process, the Tax Collector's Office receives numerous requests for information and assistance in addressing a wide range of business-related issues but, until now has not had the resources to respond to this need.

A Century for Church of the Visitation



Church of the Visitation held a Centennial Eucharistic Celebration on May 19 with Archbishop George H. Niederauer presiding to mark its 100 years in the Valley. A reception followed the ceremony in the adjacent parish hall. The Catholic church was originally founded in a small building at Visitacion Avenue and Cora Street, and later moved to Loehr Street before relocating to the corner of Raymond Avenue and Delta Street in 1919. The present location at 1655 Sunnydale Ave. was officially dedicated on Apr. 20, 1952.

Grapevine Mailbox

Telephone Fraud

I received a telephone call last evening from an individual identifying himself as a AT&T Service Technician (could also be Telus) who said he was conducting a test on the telephone lines. He stated that to complete the test I should touch nine (9) zero (0) the pound sign #, then hang up. Luckily, I was suspicious and refused.

Upon contacting the telephone company, I was informed that by pushing 90#, you give the requesting individual full access to your telephone line, which enables them to place long distance calls billed to your home phone number.

I was further informed that this scam has been originating from many local jails and prisons.

Do not press 90# for anyone!

The GTE Security Department requested that I share this information with everyone that I know.

After checking with Verizon, they also said it was true. So do not dial 90# for anyone!

Pedestrian Safety

In preparation for the summer season which will be upon us shortly, the following is reprinted from Captain Kevin Dillon's Northern Station police newsletter:

Generally speaking pedestrian safety should be chief among our safety precautions at all times of the year, but with the summer season comes excited youngsters, and distracted sightseers. There will be more touring drivers who are unfamiliar with the terrain, more impatient resident drivers struggling to cope with the increased traffic flow, and a more cavalier attitude regarding pedestrian traffic law on all sides. These behaviors skew the nation's traffic statistics for this season. Remember, the NHTSA gives San Francisco the fourth highest pedestrian fatality rate in the U.S. Moreover, the number of traffic fatalities increases significantly around the July 4 holiday and the entire month of August. In the spirit of a safe summer holiday the officers at Northern Station would like to provide you with a few pointers to help make sure your summer remains a happy one.

Most fatal and injury accidents, pedestrians included, occur between the hours of 4 p.m. and 3 a.m. Forty-six percent of all pedestrian fatalities occur between 6 p.m. and midnight. Generally speaking drivers are in more of a hurry to go home at the end of the day than they are to go to work at the beginning. The after dinner crowd is equally culpable. Alcohol is a significant factor and will be considered below. Be especially cautious at these times of day. When crossing the street a good rule-of-thumb after looking both ways is to step off the curb cautiously, look at the driver(s) closest to your position as you cross, and walk, walk, walk.

Use crosswalks whenever possible, and maintain your vigilance while doing so. Remember this caveat, a crosswalk improves the chance of your crossing safely, but it does not guarantee it. The vehicle code section most often violated by California drivers in pedestrian fatalities is 21453a CVC, failing to stop at a red light, and San Francisco is widely regarded as the red light running capital of the United States. Remember also that when a traffic light turns from green to yellow, the pedestrian has a duty

to seek the nearest curb. That means if you find yourself less than half of the way between the curb you stepped off of and a median or the opposite side of the street, you must swallow your pride, turn right around, and walk back.

We should also remind you that a pedestrian may never suddenly run into traffic in front of a moving automobile, even when using a cross-walk. Automobiles that are lawfully within an intersection, proceeding straight or executing a turn before the pedestrian steps off of the curb, have the right of way. Runners and bicyclists using side-walks often violate this section of the California Vehicle Code (21950b CVC) without realizing they are at fault. Right or wrong, never insist on the right of way or challenge a driver to stop by stepping out in front of a moving car.

What many of us may not realize as we weigh these facts is that the driver is not always responsible for the primary collision factor. A study conducted by the San Francisco Department of Parking and Traffic in 1997-1998 found that in roughly forty percent of the fatal pedestrian/auto crashes reviewed in this city, the pedestrian was at fault. At the same time among drivers the number one movement preceding the collision is proceeding straight, and seventy-eight percent of all pedestrian/auto fatalities occur at non-intersections. Invariably this means that many of the pedestrians that make up these statistics probably jaywalked by running out from between parked cars to cross a roadway. Never cross between intersections that are regulated by traffic lights. Remember, the automobile has the right of way at all times between intersections.

As you celebrate don't forget that the intoxication rate for fatally injured pedestrians, at thirty-four percent, is nearly triple the rate of that for drivers, at thirteen percent. In the year 2000 thirty-eight percent of all pedestrians 16 years of age and older had alcohol in their system. Most were between twenty-five and thirty-four years old. Approximately thirty-three percent of fatally injured pedestrians were found to have had a blood alcohol content of 0.08 percent or greater, the legal limit for drivers. Twenty-five percent had a blood alcohol content of 0.20 percent.

Sadly, the NHTSA reports that, "young children, as well as seniors, are especially likely to be the victims of fatal crashes involving pedestrians." One-fifth of such fatalities involve children ages 5 to 9. Guardians, make sure to reinforce the idea that everyone is to stop and look both ways when crossing the road at any point. That includes skateboarders, in-line skaters, runners and bicyclists as well as pedestrians. The group with the highest rate of pedestrian fatalities, however, are ages 70 and over. Should you find yourself in the company of that demographic, by design or chance, make a point of being available to them when the need arises. Life is far too short as it is.

Mobile Phone Information

There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:

***Emergency:** The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile; network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly this number 112 can be dialed even if the keypad is locked. Try it out.

***Have you locked your keys in the car?** Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone: If you lock your keys in the car and the spare keys are at home,

call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. Saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other "remote" for your car, you can unlock the doors (or the trunk).

***Hidden Battery Power:** Imagine your cell battery is very low. To activate, press the keys *3370#. Your cell will restart with this reserve and the instrument will show a 50 percent increase in battery. This reserve will get charged when you charge your cell next time.

***Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to.** Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial: (800) FREE 411, or (800) 373-3411 without incurring any charge at all. Program this into your cell phone now.

Pete Peterson

All About Cancer

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.

2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.

3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.

4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.

5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.

6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.

7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.

8. Initial treatment with chemotherapy and radiation will often reduce tumour size. However prolonged use of chemotherapy and radiation do not result in more tumour destruction.

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply. Cancer cells feed on:

a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be M i ½ nuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour. Better alternative is Bragg's amino acids or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting

with unsweetened Soya milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80 percent fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrefied and leads to more toxic build-up.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Florence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

Benefits of Peroxide

This was written by Becky Ransey of Indiana (a doctor's wife), and I want to share it with you. She was over recently for coffee and smelled the bleach I was using to clean my toilet and counter tops. This is what she told me. I would like to tell you of the benefits of that plain little ole bottle of 3 percent peroxide you can get for under \$1 at any drug store. What does bleach cost? My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide. Have you ever smelled bleach in a doctor's office? No! Why? Because it smells, and it is

not healthy! Ask the nurses who work in the doctor's offices, and ask them if they use bleach at home. They are wiser and know better!

Did you also know bleach was invented in the late '40s? It's chlorine, folks! And it was used to kill our troops. Peroxide was invented during WWI in the '20s. It was used to save and help cleanse the needs of our troops and hospitals. Please think about this.

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe.) No more canker sores, and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.

2. Let your toothbrushes soak in a cup of peroxide to keep them free of germs.

3. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.

4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.

5. I had fungus on my feet for years until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.

6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine but was healed by soaking in peroxide.

7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.

8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue.

9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3 percent peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.

10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide-burnt blonde hair like the hair dye packages but more natural highlights if your hair is a light brown, faddish, or dirty blonde. It also lightens gradually, so it's not a drastic change.

11. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.

12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

13. I use peroxide to clean my mirrors. There is no smearing, which is why I love it so much for this.

I could go on and on. It is a little brown bottle no home should be without! With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner!



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Summer in the City - A Great Time for Youth and Families

by Mayor Gavin Newsom

Summer is upon us and there are hundreds of reasons to turn off the television this season.

Our city's Recreation and Park Department offers an array of quality, affordable activities and programs for kids of all ages. Some of these programs are traditional ones—trusty standards like the ones you and I may have participated in when we were youngsters. Others are new, innovative programs that cater to the interests of today's youth.

If you haven't done so in a while, I invite you to take a closer look at what Recreation and Parks has to offer this summer.

Day Camps

Our city's day camp programs continue to be some of the most popular programs in the city year after year, offering a variety of themes from sports and the arts to cooking and nature. Other specialty camps include a science camp run by the Randall Museum and Art in the Park camp at the Sharon Art Studio in Golden Gate Park.

Latchkey Summer Program

Our city's after school Latchkey program provides full-time programming for school-age children during the summer. With 17 sites throughout the city, Latchkey is one of our more popular and affordable summer programs, serving hundreds of kids per year at just a little over \$20 per week. Activities include sports, arts and crafts, games, basic cooking lessons and weekly field trips to Bay Area amusement parks.

Aquatics

Learning to swim at one of San Francisco's nine public swimming pools is almost a prerequisite for city residents. Swimming lessons are available daily, Monday through Friday, or, if your kids just want to do some recreational swimming, they can float around to their hearts content every day of the week.

Sports

What's a summer without sports? From football and soccer to baseball and tennis, Recreation and Parks provides summer leagues, tournaments and clinics for just about every sport imaginable, for just about every playing level.

Midnight Music

Midnight Music is a citywide music program that provides children

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*June 2: Bring a photo or other 2-D memento or choose from a collection of glitter, sequins, feathers, and more to embellish your own refrigerator magnets.

*June 9: Create your own special talking stick and learn about its place in Native American tradition.

*June 16: Learn about animal tracks, then carve them on linoleum blocks and print your own Father's Day stationery.

*June 23: In honor of the longest day of the year, the summer solstice, learn how light refraction works and decorate your own spectroscopic.

*June 30: Discover how everyday objects can be recycled into beautiful bird sculptures.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

with the opportunity to learn how to express themselves innovatively and creatively through music. The program provides children, youth and teens with free lessons, concerts, road shows, workshops and outings, all led by professionals in the local music industry.

Project Insight

Project Insight's programs for the Deaf and visually impaired serve young people, ages 6-19, with recreation-based programs focusing on building physical, social, and living skills. Programs are conducted in American Sign Language but students of all language abilities are accepted into the programs.

Photography Center

Boasting one of the largest public darkrooms in the state, the city's Photography Center at the Harvey Milk Recreational Arts Building is a popular venue to learn the basics of photography or to hone your already talented shutterbug skills. The center provides an array of summer classes for both beginners and advanced photographers, including summer flower photography and black-and-white photography for teens.

Special Events

Recreation and Parks also has special summer days lined up for youths, including the "All Things on Wheels" Festival on June 9, at which kids can bring their skateboards, bikes, skates and scooters for an afternoon of safe riding, exhibitions, music and refreshments. This free event at Crocker Amazon Park is part of our Shape Up San Francisco initiative, which encourages active, healthy activities for children.

The department's Annual Field Day in Golden Gate Park, co-sponsored by the San Francisco Parks Trust, is on July 12, featuring free games, merry-go-round rides, an obstacle course and live entertainment.

The Truth in Risky Lending Practices

by: Josh Sitea, CEO of TruthinLoans

Risky lending practices have triggered what may be the worst foreclosure crisis in the modern mortgage market; and according to the Center for Responsible Lending, 2.2 million American households will lose their homes.

With fraud and abusive lending practices crushing the American dream for millions of homeowners, TruthinLoans™ offers the following money-saving tips designed to educate, empower and protect consumers through the mortgage process—tipping the scales back in their favor.

Tip #1: Save Roughly 10 Percent at Closing by Opting Out of Excessive Title Insurance Policies. Lenders and insurance companies line their pockets by charging excess fees, and selling optional policies. While these companies are regulated as to what they can charge per fee, they aren't limited in the number of excessive insurance policies they can offer. For the average consumer, what is required and what is optional is not entirely clear—and virtually no one reads all the fine print.

Don't overpay for unnecessary title charges. Buried in section 1100 of the lengthy "Good Faith Estimate" provided by any reputable lender, homebuyers will find estimates for title insurance. Upon closer examination of the title insurance policy, they will notice there is usually both a "Lender's" portion, and an "Extended" portion. The Extended portion is optional! By simply opting out of the extended portion, homebuyers can save roughly 10 percent off the top of their title fees.

Tip #2: Don't Take "Appraisal Fees" at Face Value. Being an informed consumer and knowing how to ask the right questions can save homebuyers hundreds to thousands of dollars. One way to save up to \$400 is to request a special "limited" appraisal. In our ex-

The Stern Grove Festival, which provides free Sunday afternoon concerts during the summer, also provides a fun and interactive series of arts education programs for children, ages 4-14, including music and dance workshops on June 21, July 11, 17, 19 and 25.

The Conservatory of Flowers in Golden Gate Park is featuring "Chomp!" a new carnivorous plant exhibit, now through November 4.

All of this, of course, is just a sampling of the wide spectrum of affordable and accessible activities Recreation and Parks has to offer this summer. Each year, the city also provides teens with a summer employment program, toddlers with daily music and movement classes, and families with camping opportunities at Camp Mather in the High Sierras.

For more information on any of the above programs mentioned here, the Recreation and Park Department's Public Information Office can be reached at (415) 831-2782, or, you can simply log on and visit www.parks.sfgov.org.

Enjoy your summer, everyone.

Special Note: The San Francisco Recreation and Park Department is currently implementing a new registration process for its recreation program offerings.

To register for any RPD programs from this point forward, you will need to create a "Family Account" that includes all members of your family. When you establish your account, it will allow for a quicker and simpler registration process in the future. Please visit the McLaren Lodge Annex, 501 Stanyan Street, between Fell and Stanyan streets, Monday through Friday, from 1 p.m. to 4:30 p.m., with appropriate documents, to enroll in any Recreation and Park Department programs.

For more details on creating your family account, please call (415) 831-2700.

perience, most lenders will simply order the full appraisal and not check to see if a limited appraisal will work. Where typically an appraiser is paid as much as \$600 to take detailed interior pictures and measurements of a home, this second type of appraisal—which costs hundreds less—requires nothing more than an exterior photo of the property. Limited appraisals are generally a phone call away for homeowners with decent equity—definitely a phone call worth making.

Tip #3: Negotiate the Best Deal (By Knowing What the Lender is Making on the Back End). Promises of "zero fees" are too good to be true. While some may say they are making zero or very little on a deal, brokers make the bulk of their commissions through the not-so-obvious Yield Spread Premium (YSP)—or the money the bank pays them on the 'back end' of your deal. Understanding how to calculate the profit a broker makes from a transaction allows consumers to negotiate the best deal possible. There are forms that lenders have that expose this additional profit—you just have to know what forms to ask for.

Tip #4: Avoid Prepayment Penalties—Even if You Already Have One. Most banks and mortgage holders won't hesitate to enforce a typical \$5,000 to \$15,000 prepayment penalty. Consumers should investigate to find out whether their penalty is hard or soft. A hard prepayment penalty means the penalty is due whether the home is sold or refinanced, but the soft version means payment is due only after a refinance—meaning consumers may be able to avoid this costly penalty altogether. There are also other techniques on how to avoid paying a prepayment penalty. Blindly trusting a loan officer or banker can cost homeowners tens of thousands.

For additional money-saving tips, visit www.truthinloans.com.

Joe Leland around the neighborhood

***Sharing of Local Histories:** On Saturday, June 30, come to the Neighborhood House on Potrero Hill (953 De Haro St.) at 2:30 p.m. for Neighborhood Exchange: *Sharing of Local Histories: Bernal Heights/Potrero Hill/Visitation Valley*. We'll share short films, stories, and images of three vibrant San Francisco communities. There will be an open discussion and exchange of ideas on historical projects and resources in each of the neighborhoods, plus light refreshments and intriguing insights. The Potrero Hill and Visitation Valley books in the Arcadia *Images of America* series will be available at this event.

***Leland Avenue Street Fair 2007:** We had so much fun last year, VVBOOM has decided to do it again! The date for the Leland Avenue Street Fair is tentatively set for Sunday, September 9th, 2007. This year, we promise more music, more food, and more family fun! We need volunteers, which means we need you! To stay updated or to volunteer, call Crezia Tano at 415-587-7895 x104 or email to ctano@vvboom.org.

***Little Hollywood Park Renovation Picnic:** All neighbors are invited to bring family and dogs (on leash, of course) for a fun afternoon with information about your neighborhood at the Little Hollywood Park Renovation Picnic to be held on Sunday, June 10 from 12 noon to 3 p.m. on Lathrop Avenue at Tocoloma. Bring your chairs and other picnic items to a free barbecue with hot dogs and hamburgers and meet your Little Hollywood neighbors while enjoying the newly renovated basketball courts and children's playground. Hope to see you there!

***Successful Sidewalk Sale:** It was another great Sidewalk Sale in May as friends and neighbors came to shop Leland Avenue. Always remember to support our local merchants!

Task Force to Help S.F. Green Standards

Mayor Newsom recently announced that his Green Building Task Force would issue recommendations for increasing the number and quality of green buildings in San Francisco by mid-June.

Assembled as part of his Clean and Green Initiative and Climate Action Plan, the Mayor's Green Building Task Force is charged with developing expanded green building standards for major new private construction projects in San Francisco.

The Task Force is composed of leaders in the fields of sustainable design, real estate development, finance and construction and will advise the Planning Department, the Department of Building Inspection, the Department of the Environment and other city agencies on the development of new regulations and incentive programs to support the construction of green buildings in the City.

The Task Force follows the successful introduction of new priority permitting for private development projects that meet a minimum 'gold' standard under the

Leadership in Energy and Environmental Design (LEED) certification process. In 2004, the City mandated that all City projects meet—at minimum—the LEED 'silver' standard.

"In just a few short months, the City's fast-track permitting process has resulted in more than a dozen proposals for new green buildings," said Mayor Newsom. "The Green Building Task Force has built on that momentum and will look at the next steps that we can take to keep San Francisco at the forefront of environmentally responsible urban development."

As part of its mandate, the Task Force will also consider additional incentives to foster environmentally sensitive design and greater sustainability features in new development projects.

According to the U.S. Department of Energy, the construction and operation of conventional buildings uses 35 percent of all energy the nation consumes, and is responsible for 35 percent of the material that goes to landfills.

An Award for Project Homeless Connect



(l-r) to R: Preston V. Lee, Jr. Director Industry Relations, Freddie Mac; Judith Klein, Director, San Francisco Project Homeless Connect; Barbara Garcia, Director of Community Health Programs, San Francisco Department of Public Health; Colleen Landkammer, President, National Association of Counties (NACo).

San Francisco's Project Homeless Connect (PHC) has been awarded the prestigious 2007 Acts of Caring Legacy Award for Excellence and Innovation.

The national award is given annually to the county life-improving program that most fully embodies the spirit of volunteerism by addressing a unique need. In this case, it honors San Francisco's leadership and innovation in working to end homelessness nationwide.

Presented by the National Association of Counties and sponsored by Freddie Mac, the Acts of Caring Legacy Award for Excellence and Innovation is given each year to one of the 18 recipients of the annual

Acts of Caring Awards. These awards honor community-based, government volunteer programs that provide a legacy for the future.

"Our program relies on 90 percent volunteer and in-kind support, and we owe our program's success to our volunteers and partner businesses," noted San Francisco PHC Director Judith Klein.

Used as a national best practice model, San Francisco's PHC program is now being emulated by more than 100 cities and counties in 26 states including Oregon, Nevada, Texas, Missouri, New York and Florida.

PHC programs are even in place in Canada, Puerto Rico and Australia.

Ambassadors of Study at Valley Elementary School

From Page 1

*Academic exercises in applied mathematics and language skills designed to help prepare for test-taking.

For 10 weeks, two groups of 16 fourth and fifth-grade students were convened over a slightly extended lunch period to explore and experience the succinctly focused "leadership" curriculum.

Expectations were always high, and students were encouraged to accept responsibility for themselves and each other. They often worked in teams to complete the brief exercises.

They were rewarded with praise and encouragement. Each month a supportive group of parents would provide \$5 pizzas for the groups.

At the end of the 10 weeks, students were awarded certificates with the Club motto: *Building leadership through applied mathematics, language development and virtue.*

Students who complete all the requirements are awarded a Ambassadors Club jersey that confirms their "Ambassadorship."

At the end-of-the-year promotion ceremony, Ambassadors are also awarded a copy of the California State Standards for 6th grade to study over the summer.

Contact Mr. Gnce at (415) 722.4348 or mcg@nothingbutquality.com.



Ambassador Club expectations were always high during the 10-week period.



The Ambassadors Club at VVES consisted of two groups of 16 students.

House Takes Steps on Innovation Agenda

by Speaker Nancy Pelosi

Americans built the world's most vibrant economy and lead the world in scientific discovery — but the innovation that secured our status as world leader is facing challenges from countries around the globe.

Other countries are following what has been the United States' blueprint for decades, investing heavily in improving their educational systems, particularly in science and technology. To meet the challenges of today and to create the jobs and economic security of tomorrow, the time to act is now.

This is why last month the House of Representatives took the first major step on the House Innovation Agenda: A Commitment to Competitiveness. The House passed three bills that address educating tomorrow's workforce, our national commitment to innovative research, and providing resources for small business that power our economy.

These first steps in our Innovation Agenda will help spur the next generation of discovery and growth. Throughout the 110th Congress, Democrats will continue to move us forward on legislation that provides new tools to secure our global economic leadership, creates new business ventures and good jobs, and gives future generations increased opportunity to achieve the American Dream.

The House passed, with broad bipartisan support, three bills that create a sustained financial and intellectual investment in innovation, while adhering to the responsible fiscal policies of pay-as-you-go budgeting that this Congress restored. The 10,000 Teachers, 10 Million Minds Science and Math Scholarship Act will take critical steps to place highly qualified teachers in math, science, and technology in K-12 classrooms. The Sowing the Seeds Through Science and Engineering Research Act will increase support for long-term scientific research and encourage young scientists and researchers to pursue high-risk/high-reward research. The Small Business Lending Improvements Act of 2007 will strengthen access to capital programs for small businesses, offering them the tools to be successful.

With the Senate having also passed innovation legislation, and President Bush having indicated support, the Innovation Agenda stands to make

real and overdue progress toward a stronger America.

House Democrats began this effort nearly two years ago, traveling outside Washington and all across the country, including to California. Our delegation met with leaders and CEOs from many fields including academia and venture capital as well as with entrepreneurs from the high-tech, biotech, and telecommunications sectors who are creating the jobs of tomorrow. Building on their expertise and advice, we developed an Innovation Agenda that will help create a new generation of innovators; make a sustained federal research and development commitment that promotes private sector innovation; spur affordable access to broadband technology;

achieve energy independence; and encourage entrepreneurial innovation in small businesses.

As President Kennedy said in committing our nation to send a man to the moon: "The vows of this nation can only be fulfilled if we are first, and therefore, we intend to be first. Our leadership in science and in industry, our hopes for peace and security, our obligations to our selves as well as others, all require us to make this effort."

With action in the House on the first of many pieces of the Innovation Agenda, we have made clear to the American people that we again intend to be first, and with the President's signature on these initiatives, we will keep our promise to the next generations of Americans.

Baseball Keeps Bringing People Together

Whether it's a youngster's first trip to the ballpark, a casual game of catch in the backyard, or Mom and Dad cheering in the stand for a game-winning hit, baseball serves as an essential backdrop to a lifetime of experiences.

The sport of baseball brings people together in a variety of ways, from gathering to watch the World Series to organizing a "rotisserie" team; from tailgating outside the stadium to engaging in trivia challenges. Here are a few questions that you might be able to knock out of the park:

1. Who is the only player to be voted World Series MVP and All-Star Game MVP in the same season? a. Steve Garvey; b. Terry Steinbach; c. Derek Jeter.

2. What is the "Pesky Pole"? a. the right-field foul pole in Fenway Park; b. any part of the stadium structure that blocks a fan's view; c. the flagpole flying the banner of whatever team is in last place.

3. In baseball terms, what is "rhubarb"? a. a player who digs up a

mound of dirt as he slides; b. a grounder that kicks off one of the bases; c. an argument or brawl.

4. What sports commentator and lifetime .300 hitter wrote a book titled "I Ain't an Athlete, Lady..." a. Bobby Murcer; b. John Kruk; c. Joe Morgan.

Answers

1. c. Jeter accomplished the feat in 2000.

2. a. Johnny Pesky was a light-hitting player for the Red Sox in the 1940s and 1950s and later the team's manager. He only hit 17 home runs in his whole career, but several of them wrapped around the right-field foul pole which is just 302 feet from home plate.

3. c. Part of the baseball vernacular since 1943, the term "rhubarb," referring to a commotion, actually dates back to noises made on stage by Elizabethan actors when they portrayed an angry mob.

4. b. After walking away from baseball in 1995, Kruk became a sports analyst, writer and actor. **NAPS**

California Historical Society Events in June

Following are upcoming free events scheduled from 6 to 8 p.m. in the Gallery of the California Historical Society, 678 Mission St.

*June 7, Thursday: Yosemite: Art of an American Icon Lecture and Book Signing: Gary F. Kutz, curator of Special Collections at the California State Library, discusses pioneer photography and the stunning new book from UC Press, Yosemite: Art of an American Icon.

*June 18, Monday: The Forgotten War Against Chinese Americans, Lecture and Book Signing: Jean Pfaelzer's new book reveals the unspoken his-

tory of one of this country's darkest episodes: a firestorm of ethnic cleansing that erupted in the forced expulsion of over 200 Chinese communities and thousands of Chinese forced from their homes in the 19th century American West.

*June 19, Tuesday, Denatured Artist Talk and Installation: Artist Boyd Richard will give a talk on the representation of American redwood trees from 1850 to the present, tracing its history. Artist Yedda Morrison will be installing *postcapes*, rephotographed early tourist postcards in the gallery.

Reforming Life Sentences for Youth Offenders

by Senator Leland Y. Yee, Ph.D.
California State Legislature

This year, California is finally taking the necessary steps to enact major changes to our prison system. As part of this year of reform, I have introduced legislation to abolish the sentence of life without the possibility of parole for youth offenders. Senate Bill (SB) 999 would make the maximum sentence 25 years to life, meaning a child who commits a felony offense before the age of 18 would serve a minimum of 25 years in prison before being eligible for parole consideration.

As a child psychologist, I have firsthand experience with troubled children and understand that they have an extraordinary capacity for rehabilitation. The neuroscience is clear — brain maturation continues well through adolescence and thus impulse control, planning and critical thinking skills are not yet fully developed until adulthood. SB999 reflects that science and provides the opportunity for compassion and rehabilitation for children.

In *Roper vs. Simmons*, the Supreme Court prohibited the death penalty for children as the court confirmed that juveniles need to be considered differently than adults in sentencing due to concerns about brain development.

Nationally, 59 percent of juveniles sentenced to life without parole are first-time offenders. Of the approximately 200 juveniles in California serving this sentence, there are a number of cases that have brought into question this severe punishment.

One such case involves Sara Kruzan who was raised in Riverside by her abusive and drug-addicted mother. Sara met her father only three times as he was in prison.

Starting at the age of nine, Sara suffered from severe depression for which she was hospitalized. At age 11, she met a 31-year-old man named "G.G." who molested her and began grooming her to become a prostitute. At age 13, she was working as a child prostitute for G.G. and was repeatedly molested by him until she was 16, when she killed him.

She was sentenced to prison for the rest of her life, despite the determi-

nation by the California Youth Authority and a psychiatric evaluation that showed she was amenable to rehabilitation and treatment offered in the juvenile system.

SB999, also known as the California Juvenile Life Without Parole Reform Act, would provide child offenders with the opportunity to request parole after serving a minimum of 25 years in prison. At that time, there would be no presumption of release. The state Board of Parole Hearings would consider the request and determine whether the individual deserved to be released or should remain in prison, which may continue to be for life.

The sentence of life without parole means absolutely no opportunity for release. It also means minors are often left without access to rehabilitative services. This punishment was created for the worst of criminals who have no possibility of reform — but this is not the humane way to address crimes committed by children. While the crimes they committed caused undeniable suffering, these youth are often victims themselves.

According to Human Rights Watch, the United States leads the world in the practice of sentencing juveniles to life without parole, claiming 99.5 percent of all cases. In fact, there are only 12 such cases outside of the United States. The oldest human rights treaty to which the United States is a party, the International Covenant on Civil and Political Rights, prohibits this sentence. Nationally, 11 jurisdictions have prohibited this sentence including New York, Colorado and the District of Columbia.

California also has the worst racial disparity rate in the nation for this sentence. Black youth are given this sentence at 22 times the rate of white youth. Latino youth are sentenced to life without parole four times as often as white youth.

As a society, we have learned a lot since the time we started levying life without parole sentences for children. We now know that this sentence provides no deterrent effect. While children who commit serious crimes should be held accountable, public safety can be protected without condemning a handful of youth to life in prison without even the possibility of rehabilitation and redemption.

Senator Yee represents the Eighth District including San Francisco and San Mateo counties. See at www.senate.ca.gov/yee.

Four S.F. Proposals to Regulate Firearms

On the steps of Providence Baptist Church in the Bayview and joined by numerous families and community groups affected by gun violence, both Mayor Gavin Newsom and District Attorney Kamala Harris on May 16 introduced legislation to limit the proliferation of illegal firearms in San Francisco.

The legislative proposals include: "Prohibiting possession and sale of firearms on County property. This law disallows guns in local parks, community centers, schools, and government buildings, and restricts the possibility of gun shows or gun sales from City and County property.

"Requiring handguns kept in homes to be stored locked containers. This regulation will protect against accidental shootings by children and teenagers, which could in the future prevent tragic accidental deaths like a 14-year-old girl who died in the Western Addition recently. It will also decrease the possibility of burglaries resulting in stolen weapons.

"Increasing regulatory requirements on gun dealers, to minimize inappropriate sales of handguns that make their way to the black market.

"Establishing a gun offender registry requiring individuals convicted of a gun crime to maintain updated information with the city.

"My office has worked diligently for weeks to prepare this legislation, with the full support of the District Attorney's office," said Mayor Newsom. "Limiting the amount of guns on our streets and upholding

the public safety of all San Franciscans, residents and visitors alike, continue to be my number one priorities."

"I created this legislation with the Mayor because we firmly believe that illegal guns are the biggest threat to public safety in San Francisco," said District Attorney Harris. "As District Attorney, I am bound to do everything in my power to protect our residents and our children from gun violence."

Local Crime Statistics:

"The San Francisco Police Department seized 1,158 guns in 2005 and 1,104 guns in 2006.

"While in 2001, 81 patients were admitted to S.F. General Trauma Center for serious injuries resulting from gunshots. The number of patients admitted for serious injuries rose to 228 by 2006.

"Similarly, the total number of shootings that resulted in nonfatal injuries documented by SFPD was 269 in 2005, 303 in 2006.

"Gun crimes in and around schools and on buses carrying students to and from school have become increasingly common.

"In 2003 and 2004, 52 percent of the City's gun violence victims were under the age of 25.

"In 2006, the DA's Office prosecuted 45 percent more juvenile gun offenses and doubled the conviction rate for felony gun trials to 90 percent, compared to 43 percent in 2003.

Homicides committed with handguns are the leading cause of firearms related injuries and death in California.

EarthTalk

Fast Food Chain Waste

Dear EarthTalk: What are the fast-food chains doing to cut back on—or at least recycle—the huge amount of paper, plastic and foam they use daily? Are there any laws or regulations to force them to be good environmental citizens? —Carol Endres, Stroud Township, PA

Currently there are no federal laws or regulations in the U.S. specifically aimed at getting fast food chains to reduce, reuse or recycle their waste. Businesses of all kinds must always obey local laws pertaining to what must be recycled versus what can be discarded. And a small number of cities and towns have local laws specifically designed to force businesses to do the right thing, but they are few and far between.

There have been some strides in the fast food business with regard to packaging materials and waste reduction, but it has all been voluntary and usually under pressure from green groups. McDonald's made headlines back in 1989 when, at the urging of environmentalists, it switched its hamburger packaging from non-recyclable Styrofoam to recyclable paper wraps and cardboard boxes. The company also replaced its bleached paper carryout bags with unbleached bags and made other green-friendly packaging advances.

Both McDonald's and PepsiCo (owner of KFC and Taco Bell) have crafted internal policies to address environmental concerns. PepsiCo states that it encourages "conservation of natural resources, recycling, source reduction and pollution control to ensure cleaner air and water and to reduce landfill wastes," but does not elaborate on specific actions it takes. McDonald's makes similar general statements and claims to be "actively pursuing the conversion of used cooking oil into biofuels for transportation vehicles, heating, and other purposes," and pursuing various in-store paper, cardboard, delivery container and pallet recycling programs in Australia, Sweden, Japan and Britain. In Canada the company claims to be the "largest user of recycled paper in our industry" for trays, boxes, carry out bags and drink holders.

Some smaller fast food chains have garnered accolades for their recycling efforts. Arizona-based eegee's, for instance, earned an Administrator's Award from the U.S. Environmental Protection Agency for recycling all paper, cardboard and polystyrene across its 21-store chain. Besides the positive attention it has generated, the company's recycling effort also saves it money in garbage disposal fees every month.

Despite such efforts, though, the fast food industry is still a large generator of waste. Some communities are responding by passing local regulations requiring recycling where applicable. Seattle, Washington, for example, passed an ordinance in 2005 prohibiting businesses (all businesses, not just restaurants) from disposing of recyclable paper or cardboard, though violators only pay a nominal \$50 fine.

Perhaps policymakers in the U.S. and elsewhere could take a lead from Taiwan, which since 2004 has required its 600 fast-food restaurants, including McDonald's, Burger King and KFC, to maintain facilities for proper disposal of recyclables by customers. Diners are obliged to deposit their garbage in four separate containers for left-over food, recyclable paper, regular waste and liquids. "Customers only have to spend under a minute to finish the trash-classification assignment," said environmental protection administrator Hau Lung-bin in announcing the program. Restaurants that don't comply face fines of up to \$8,700 (U.S.).

Contacts: eegee's; Taipei Times, "Restaurants set the new recycling trend"

Dear EarthTalk: What are the environmental pros and cons of switch-

ing to plant-based "bio-fuels" to reduce our reliance on oil? —Jim Dand, Somerville, MA

There are many eco-benefits to replacing oil with bio-fuels like ethanol and biodiesel. For one, since such fuels are derived from agricultural crops, they are inherently renewable—and our own farmers typically produce them domestically, reducing our dependence on unstable foreign sources of oil. Additionally, ethanol and biodiesel emit less particulate pollution than traditional petroleum-based gasoline and diesel fuels. They also do not contribute to global warming, since they only emit back to the environment the carbon dioxide (CO₂) that their source plants absorbed out of the atmosphere in the first place.

And unlike other forms of renewable energy (like hydrogen, solar or wind), biofuels are easy for people and businesses to transition to without special apparatus or a change in vehicle or home heating infrastructure—you can just fill your existing car, truck or home oil tank with it. Those looking to replace gasoline with ethanol in their car, however, must have a "flex-fuel" model that can run on either fuel. Otherwise, most regular diesel engines can handle biodiesel as readily as regular diesel.

Despite the upsides, however, experts point out that biofuels are far from a cure for our addiction to petroleum. A wholesale societal shift from gasoline to biofuels, given the number of gas-only cars already on the road and the lack of ethanol or

biodiesel pumps at existing filling stations, would take some time.

Another major hurdle for widespread adoption of biofuels is the challenge of growing enough crops to meet demand, something skeptics say might well require converting just about all of the world's remaining forests and open spaces over to agricultural land. "Replacing only five percent of the nation's diesel consumption with biodiesel would require diverting approximately 60 percent of today's soy crops to biodiesel production," says Matthew Brown, an energy consultant and former energy program director at the National Conference of State Legislatures. "That's bad news for tofu lovers."

Another dark cloud looming over

Breakthroughs in Medicine Could Mean Healthy Future

New medicines developed by America's pharmaceutical research companies are helping doctors treat patients with conditions ranging from blindness to cancer. In fact, the Food and Drug Administration approved 29 new medicines in 2006 alone, according to a new report released by the Pharmaceutical Research and Manufacturers of America (PhRMA).

Cancer Treatments: Five new medicines were approved for the treatment of cancer, including a first-of-its-kind treatment for certain colorectal cancers. Medicines for a rare group of bone marrow diseases, leukemia and lymphoma were approved as well.

Diabetes and Blindness: As an increasing number of Americans are being diagnosed with diabetes, the FDA approved a new treatment for the con-

dition. Additionally, a new medicine will be used to treat blindness in 2007. **New Vaccines:** Four new vaccines were approved, including one for the prevention of influenza, one for the prevention of cervical cancer, one for a virus that attacks infants and children and one that prevents the reactivation of a common childhood virus. **A Healthy Future:** According to the Pharmaceutical Research and Manufacturers of America (PhRMA), America's pharmaceutical research companies have more than 2,000 new drugs in their development pipelines. While these new drugs represent potentially life-saving news for thousands, the cost of inventing new breakthrough medicines remains high. A report

biofuels is whether producing them actually requires more energy than they can generate. After factoring in the energy needed to grow crops and then convert them into biofuels, Cornell University researcher David Pimental concludes that the numbers just don't add up. His 2005 study found that producing ethanol from corn required 29 percent more energy than the end product itself is capable of generating. He found similarly troubling numbers in making biodiesel from soybeans. "There is just no energy benefit to using plant biomass for liquid fuel," says Pimental.

There is no one quick-fix for weaning ourselves off of fossil fuels and the future will likely see a combina-

tion of sources—from wind and ocean currents to hydrogen, solar and, yes, some use of biofuels—powering our energy needs. The "elephant in the living room," however, that is often ignored when considering energy options is the hard reality that we must reduce our consumption, not just replace it with something else. Indeed, conservation is probably the largest single "alternative fuel" available to us.

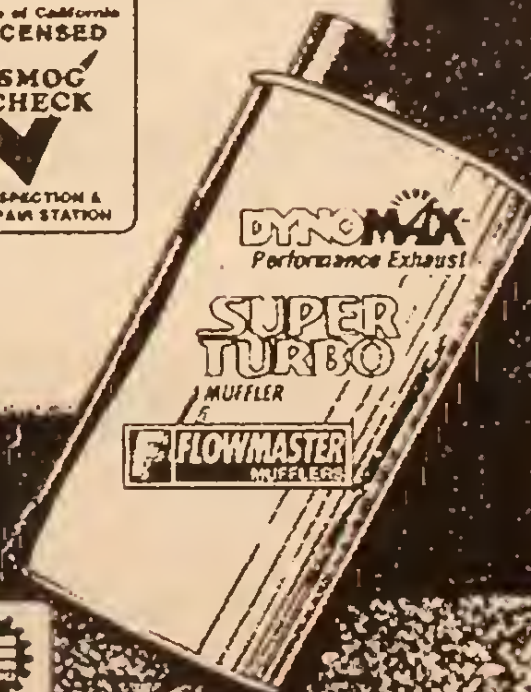
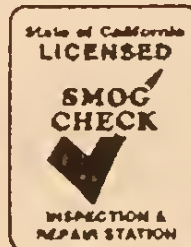
Contacts: Ecology Center Biofuel Factsheet; Earth911 Energy Conservation Factsheet; Got an environmental question? Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit your question at: www.emagazine.com/earthtalk.html, or e-mail: earthtalk@emagazine.com

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New Statistics Show San Francisco Moving Closer to Targeted Recycling Rate

Recycling is simply part of life in San Francisco, with new statistics showing that the city kept 69 percent of all waste-stream materials from going to the landfill, up from 67 percent the year before. The most significant gains were in the areas of commercial recycling, and the collection of compostable food scraps and yard trimmings.

"San Francisco shows other big cities how recycling is done," said Mayor Gavin Newsom. "But we can't rest on our laurels. Our goal is to recycle 75 percent by 2010, and to accomplish that we still need residents and businesses to take full advantage of composting and recycling programs."

The figures, compiled by the City's Environment Department (S.F. Environment) and approved by the California Integrated Waste Management Board, show that

San Francisco generated 1,978,748 tons of waste material in 2005. Of this, 664,033 tons went to landfill, while 1,367,013 tons were diverted through recycling, composting, reuse, source reduction and other efforts. The state credits San Francisco with diverting over 52,000 tons of material into biomass energy generators, but does not count this towards generation.

S.F. Environment recently conducted a study to determine what San Franciscans are still throwing into their black, curbside trash bins,

Five Flea Control Myths You Should Flee

There are more than 1,900 flea species in the world and almost as many myths on the best way to get rid of them.

Here are five of the most common flea control myths and the truth about how to get rid of them:

Myth #1. During cold weather, you don't have to worry about fleas. Unfortunately, it has to be pretty cold to rule out the threat of fleas and it never gets that cold in some parts of the country. Also, since most pets live indoors, the temperature is ideal for fleas year-round, even if you can't see them.

Humidity is an important factor in a flea's survival. Wormlike flea larvae prefer dark, moist locations, such as carpet fibers. Fleas can increase their numbers during warmer, wetter months and survive to pester pets and humans during the cooler months.

Myth #2. Dogs get their fleas from wild animals. No. Rats, rabbits and squirrels carry their own species of fleas and even if they infest dogs, they are unable to reproduce. Raccoons and opossums may share fleas with dogs and cats, but as a general rule, if your pet has fleas, they are most likely in your home environment.

Myth #3. Fleas are just a harmless nuisance. Unfortunately, it's not true. Many pet owners do not know

as a means of targeting public outreach efforts to improve recycling. The study found that over two-thirds of the landfill-bound material was recyclable, with nearly 40 percent consisting of mixed compostables, 15 percent recyclable paper, and 15 percent other mixed recyclables.

"If we were to capture all of the compostables that are currently going to the landfill, we'd have a 78 percent recycling rate," said SF Environment Director Jared Blumenfeld. "The recently adopted ordinance requiring supermarkets and drugstores to distribute compostable bags will help us drive these numbers up, since residents can put messy food waste into the bag, tie it off, and drop it neatly into the green cart."

S.F. Recycling & Disposal, Inc. - a Norcal Waste company - sorts bottles, cans and paper at Recycle Central on Pier 96. Earlier this year, the roof at Recycle Central was fitted with 21,000 square feet of new solar panels.

The \$2.1 million project, installed by the San Francisco Public Utilities Commission's Power Enterprise, generates about 330,000 kilowatt hours of power annually. That energy helps power mechanical conveyers, sorting and baling equipment, making Recycle Central the first recycling sorting facility in the nation to run on its own clean solar power.

that a flea's bloodsucking habits can cause life-threatening conditions in pets. Fleas can cause allergic dermatitis, flea anemia, cat scratch fever and common tapeworm infection.

Myth #4. My dog or cat cannot have fleas because a) he lives indoors, b) if he had them, other family members would have bites, c) we have hardwood floors, d) I would see them, e) all of the above. All of the above are not true. Fleas thrive in the well-regulated temperatures of a home. Humans are the last choice of fleas and will only be bitten more than once if the flea population is high. Fleas love the cracks between the boards of hardwood floors. It's not always easy to see fleas.

Myth #5. Garlic prevents fleas. There's no proof that garlic helps. Flea control products that kill only adult fleas are not the most effective way to treat the problem. Products that kill only adult fleas but not flea eggs and wormlike larvae allow more fleas to emerge. One of the most effective solutions is a convenient, oral preventive that targets flea eggs and larvae, and even works when dogs go outside. These once-a-month tabs protect against common intestinal parasites, including heartworms and fleas.

For more information, visit www.growingupwithpets.com. **NAPS**

"The new Recycle Central solar system is another example of how San Francisco is a leader in clean energy," said Barbara Hale, SFPUC Assistant General Manager for Power. "The SFPUC is working steadily to grow clean, renewable energy resources to meet more of our municipal electrical needs."

"The solar array on the roof of Recycle Central provides up to 30 percent of the facility's energy

Safety Tips from San Francisco SAFE

Don't be a victim of iPod theft: We have all heard about the recent iPod craze — those little music players with the stand-out white ear buds — great for passing time while riding public transportation or taking a jog after work. But they are also a target for thieves who also want iPods to sell or keep for themselves.

The safest way to prevent iPod robberies is to not wear the iPod at all while in public. But if you do, here are some ways to reduce your risk of being victimized:

*Replace the distinctive white earbuds with older headphones to give the impression you have a cheaper music player

*Keep the volume low.

*Keep only one earbud on - the other ear will be free to hear activities around you.

*Stay alert at all times. Your sense of hearing is diminished, so scan the area with your eyes frequently and look frequently look behind you.

*Record the serial number of your iPod, or engrave it with identifying information.

*If you feel you are being followed, go to a crowded place, ask for help and call police.

*Do not walk alone at night. But if you must, travel in well-lighted areas and don't wear your iPod.

Prevent auto theft and break-ins: Anything you leave visible in your car can be a valuable item to some-

Up Close with Grizzly Bears at S.F. Zoo

On June 14, guests to the San Francisco Zoo will view the beloved female grizzly bears, Kachina and Kiona, in a new expansive habitat called Hearst Grizzly Gulch. The \$3.7 million habitat features a sunny meadow, 20,000-gallon pool, herb garden, mountain stream waterfall and heated rocks for the 4-year-old bears to do what they do best — explore, romp, swim, fish, dig and nap.

At one acre, Hearst Grizzly Gulch is one of the largest naturalistic environments dedicated to grizzly bears in any zoo and the newest animal habitat at the San Francisco Zoo since 2004.

The Zoo's newest exhibit will offer an intimate perspective of the griz-

needs. That reduces carbon emissions by offsetting the demand for energy from power plants and should inspire all of us to recycle even more of our waste. With everyone's help, the city can achieve its goal of 75 percent diversion by 2010," said Mike Sangiacomo, President and CEO of Norcal Waste Systems, Inc., parent to the garbage and recycling companies serving San Francisco.

one else, even if it's not valuable to you. Items in your vehicle may give thieves the opportunity to break in, which means a smashed window and lost items to you. Follow these tips and maybe you can prevent auto break-ins too:

*Be aware and alert of your surroundings at all times.

*Keep doors locked and windows rolled up when you leave the vehicle.

*Park your car in an area with plenty of traffic and bright lighting whenever possible. A thief does not want to attract attention to what is being done.

*Never leave any valuables in your car or trunk, especially money or credit cards. Any items in your car should be well hidden or placed in the trunk before you arrive at your location.

*Do not hide a spare key in your vehicle because a thief knows where to look.

*Use anti-vehicle theft devices to secure your vehicle. Take the time to activate these devices prior to leaving your vehicle.

"San Francisco's non-emergency number is 553-0123. Use this number if there is no immediate threat to life, person, or property. You can also use this number to report a crime that has already happened. Call 911 in an emergency or to report a crime in progress.

zly bears, providing up-close encounters of Kachina and Kiona through eye-level and underwater viewing. From eye-level, guests will marvel at the bears' distinctive looks including their brown-colored coats, curved claws, long snout and enormous stature.

Through the underwater observation point, Kachina and Kiona will engage visitors by frolicking in the 20,000-gallon pool or fishing for an afternoon snack.

San Francisco Zoo is open from 10 a.m. to 5 p.m. and located at 1 Zoo Road on the Great Highway between Skyline and Sloat Boulevards, across from the Pacific Ocean. Call (415) 753-7080 for more information.

Book Review

City History in Pictures

Historic Photos of San Francisco by Rebecca Schall (Turner Publishing, 212 pages, \$39.95)

From its beginning as a remote Mexican outpost named Yerba Buena to its current status as one of the world's most beloved cities, the history of San Francisco reflects a rich heritage, entrepreneurial spirit, and a unique culture that are the foundation of the city's present-day prosperity.

With fact-filled photo captions and chapter introductions by author Rebecca Schall, *Historic Photos of San Francisco* rediscovers the fascinating past of the City by the Bay through nearly 200 rare photographs culled from the San Francisco Public Library and showcased with exceptional clarity and beauty.

Schall grew up in San Francisco's Richmond District and received a master's degree in history from San Francisco State University. She has conducted historical research on the Ohlone Indians, San Francisco during the Civil War, and the experience of the Japanese population in San Francisco during World War II.

In scenes of events from parades to politics, celebrations to sporting events, Alcatraz to the Golden Gate Bridge, and much more, "Fog City" shines through the decades in glorious black-and-white photography displayed in a large format.

The book follows life, government, events and people important to San Francisco history and the building of this unique city.

"This book gives a sense of San Francisco's unique character," says Schall. "It is a city of many histories, and everyone has a place in it. It is exciting for people to find out what their role in the city has been."

Historic Photos of San Francisco is part of Turner Publishing's Historic Photos series. These books, highlighting the history of great cities across America, have been acclaimed as a staple in the collection of anyone who loves history.

Cooking Corner

Blueberry Shortcakes

Summer is the season for blueberries and there are so many healthful ways to celebrate them-on cereal in the morning, tossed into a salad for lunch or to just pop in your mouth anytime like candy.

4 cups fresh blueberries, divided; 5 tablespoons sugar, divided; 1/3 cup orange juice; 1 teaspoon cornstarch; 2-1/3 cups all-purpose baking mix; 1/2 cup fat-free milk; 3 tablespoons butter, melted; whipped topping, as needed.

In a medium saucepan, combine 3 cups blueberries with 2 tablespoons sugar and orange juice.

Cook over medium heat, stirring occasionally, until the berries just begin to pop.

In a small bowl, combine the cornstarch and 2 teaspoons cold water; stir into the blueberry mixture.

Stir 1 minute; remove from heat. Add remaining blueberries; set aside. Preheat oven to 425° F. Grease a baking sheet.

In a medium bowl, stir together baking mix, 3 tablespoons sugar, milk and butter until a soft dough forms.

Turn out onto a floured board and pat to a 5-by 7-inch rectangle. With a 2 1/2-inch cookie cutter, cut 6 rounds.

Place on the baking sheet; bake 10 to 12 minutes or until golden.

Split the warm shortcakes and set the bottoms on serving plates. Divide the blueberry sauce among the shortcakes.

Spoon whipped topping on the blueberries; top with remaining shortcake halves. Sprinkle with powdered sugar, if desired.

Yield: 6 portions.

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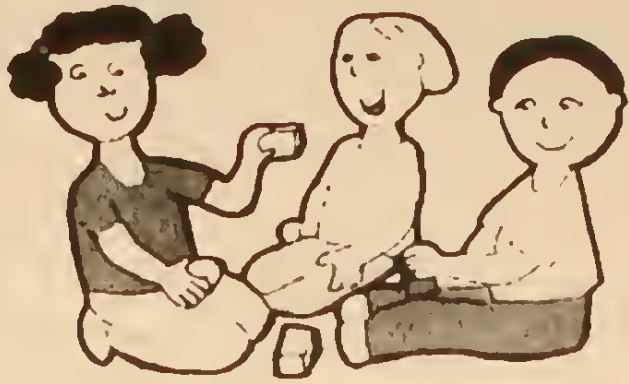
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- *Enroll you in their free market update system on the particular housing market of your interest.
- *And more (too long to list)

Justyna is a local resident who lives in Visitacion Valley. She would guard your house value as much as treating it as her own. Together with Anna's updated computerized marketing system, they can get you buyers from around the whole world.

Justyna speaks fluent Chinese (Cantonese, Mandarin and Shanghaiese). Anna speaks fluent Indonesian.

P.S. Please join the FREE *First Time Home Buyer Seminar* on Tuesday, June 12, from 4 to 6 p.m. at Downey Savings & Loan, 1300 El Camino Real in San Bruno. Email or call for more details.

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New Construction in Visitacion Valley



Construction continues on 140 units of housing at the old Travelodge motel site adjacent to northern end of Hester Avenue and Bayshore Boulevard. Having a great view of the Valley, the new structures will have a maximum height limit of 40 feet.

Watercooler Counsel

by Rich Proulx and Malinda Tuazon

Questionable Questions, Part I, Because Inquiring Minds Want to Ask

We get so many questions about job interview and application queries, we are writing a series of columns on the fine art of asking and answering these occasions. Here is our first installment.

Q: When I interview job applicants, I want to know their history. Have they been fired before? Do they have a drinking problem? Have they ever used drugs or been arrested? My office manager suggested that I may be violating some laws when I do this. I believe I should be able to ask these questions to avoid potential lawsuits for negligent hiring. Who's right? - Need-to-know Boss, Reno, NV

A: Some interview questions can help you identify your best candidate, while other questions may suggest discriminatory motives (Why else would you want to know that?) or even flat out violate the law. Clearly you want your questions to belong to the first category and not the second one! Let's take a closer look at specific examples from your application form.

"Have you ever been fired?" You can ask that question, no problem.

"Have you ever utilized sick leave over five consecutive days, and why?"

You can ask questions designed to detect whether an applicant ever has abused leave, but asking about an applicant's legitimate use of sick leave (likely to elicit information about a disability) is a no-no under the Americans with Disabilities Act.

"Have you ever used drugs?"

You can ask applicants about their current illegal use of drugs, but may not ask about their lawful drug use. If you do not distinguish between illegal and legal drug use, you may cause applicants to disclose their lawful use of prescription drugs. Also, because past addiction to illegal drugs or controlled substances is a covered disability under the ADA, an employer may not ask whether an applicant ever has been addicted to drugs or been treated for drug addiction. Similarly, an employer may ask whether an applicant drinks alcohol but may not ask how much alcohol an applicant

drinks or whether he or she has a "drinking problem."

"Have you ever been arrested or the subject of an internal investigation?"

Because arrests and investigations alone are not reliable evidence that a person actually has committed a crime (innocent until proven guilty, right?), it would be pretty hard to justify broad general inquiries about an applicant's history of arrest or internal company investigation.

Let's close with some best practices tips for interviewing from the Small Business Association:

*Use your list of standard questions during each interview so that you treat the applicants equally and so you can compare apples to apples.

*Refer to the criteria for analyzing candidates. Ask questions in regards to the job criteria.

*Keep all questions job-related.

*Do not ask discriminating questions.

*Show a genuine interest in every candidate you interview.

*If possible, have at least one other person meet and/or interview candidates who are finalists. They should also rate the candidates on each of the criteria; ultimately, all interviewers should compare their ratings and discuss any discrepancies. Having more than one interviewer helps control personal biases.

Send your questions to Watercooler Counsel@eeoc.gov. Rich is a former Supervisory Investigator and Malinda is a current Federal Investigator for the Equal Employment Opportunity Commission www.eeoc.gov. Social psychologist Albert Mehrabian found that 55 percent of a first impression is based on appearance (e.g., dress, grooming, body language), 38 percent on the way we sound (e.g., the tone and pitch of our voice, accent) and just 7 percent on what we have to say. Identifying information in the questions may be fictional.

YARDCARE TIPS

Pruning for Beginners

One of the most effective ways to keep your yard's plant life happy and healthy is pruning. The act of pruning, which has several definitions, essentially involves removing diseased, dead or dying, and other unneeded plant parts to improve the wellness, landscape effect, and value of the plant. While proper pruning can improve the health and appearance of your plants, improper pruning can greatly reduce lifespan and landscape potential. These tips can help insure your plant pruning is successful.

When to Prune

Pruning can be done at any time of the year. However, it is generally best to prune during late winter or early spring before accelerated growth begins; pruning at this time also makes it easier to see what branches you want to cut since the skeletal frame of the plant is easily visible. If you have a plant injured in a storm or other activity, prune it immediately to avoid disease or insect problems that may develop.

Pruning Tools

Taking into consideration the size and relative strength of the plants you are pruning is important in deciding what tools you will need. Simple pruning shears will work well with thin, twig-like branches. Lopping shears will give you added strength for branches ½ inch in diameter to over 2 inches. A pole pruner will allow its operator to trim hard to reach places - but be sure to use precaution and keep the area beneath branches clear. Finally, hedge shears will work well for bushes and other shrubbery than can be cut into formal shapes.

Pruning Young Trees

Pruning is the best preventive maintenance a young plant can receive. It is critical for young trees because it encourages them to develop a strong structure. As the tree grows, remove lower branches to gradually raise the 'crown' of the tree.

*Remove criss-crossing branches and those that grow towards the center of the tree.

*Sometimes a tree will develop double leaders known as co-dominant stems. Co-dominant stems can lead to structural weaknesses, so it is best to remove one of the stems while the tree is young.

*Cuts made along a branch should be made laterally.

*Cuts should be made with the remaining bud facing outwards; this way the uncut branch will grow out from the tree rather than in.

*Make pruning cuts just outside the branch collar.

*Select strong, permanent 'scaffold' branches that are spaced 12-18 inches apart.

Pruning Established Trees

The pruning of large established trees should generally be left to

trained professionals. The cutting of heavy, wide branches can be dangerous without the proper equipment. However, there are a few things you can do yourself, if you have taken all the necessary safety precautions.

*Remove lower branches on established trees to allow for more clearance for lawnmowers, sidewalks, etc.

*Selectively remove weak, unneeded branches near the crown of the tree to allow for greater light penetration and air movement.

Pruning Hedges

When pruning your hedges, look for branches that are rubbing against one another, dead wood, suckers and water sprouts. Remove

any branches that are growing straight up from the base of the plant with no lateral branches. Focus on the interior of the shrub rather than the exterior with most of your efforts centered on 'thinning cuts'. Cut branches or twigs off at their point of origin, which is either the parent stem or ground level.

Information provided by: International Society of Arboriculture, University of Minnesota Extension Service, Texas A&M Extension Horticulture Information Resource

For more information spring lawn care visit www.yardcare.com.

Yardcare.com is a combined effort of The Toro Company and select experts in the fields of lawn care, gardening and landscape design.

Partnership Will Address San Francisco's Declining African American Population

Mayor Gavin Newsom recently announced a partnership with San Francisco State's College of Ethnic Studies to provide research assistance and analysis in support of the City's effort to preserve the current African-American population and look at ways to attract new African-American residents and businesses.

Over the past several years San Francisco has seen a steep decline in the number of African-Americans. While the decline generally reflects a similar trend experienced in other Bay Area cities and other urban areas around the country, the rate of decline in San Francisco exceeds other jurisdictions with similar demographic and characteristics.

"This is an issue of deep concern to my administration," said Mayor Newsom. "African-Americans have made and continue to make important contributions to this City so to sit back and watch while their numbers continue to dwindle is simply unacceptable."

District 10 Supervisor Sophie Maxwell notes, "San Francisco is working toward creating a climate that is welcoming and encouraging to African-Americans and that helps to foster African-American businesses."

The scope of work for San Francisco State will include an analysis of census and other data to get a better picture of who is leaving and where they are going; it will also include a survey of best practices in other jurisdictions and surveys of current and former African-American residents of the city.

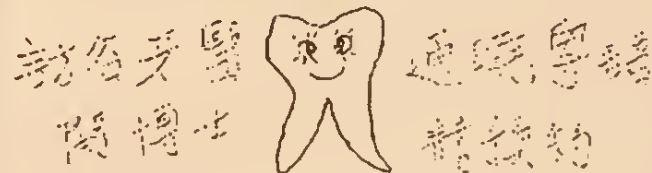
"We felt strongly that we needed a partnership that could bring academic rigor to the research phase and objectivity to the recommendation phase," said Mayor's Office of Community Development Director, Fred Blackwell. "The College of Ethnic Studies is a perfect match on both of those fronts," added Blackwell.

"San Francisco State is proud to be a part of this important effort," stated Kenneth Monteiro, Dean of the College of Ethnic Studies. "We are glad to see that the Mayor's Office is taking it seriously and we are very excited to be able to lend our expertise."

Once the research phase is complete Mayor Newsom and Supervisor Maxwell will convene a Task Force to work over the summer to look at the data and develop a set of recommendations for the Mayor and the Board of Supervisors.

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Crossword Puzzle Solution

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C	O	N	C	R	A	H	A	G	A	G
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O	P	H	I	S	M	T	I	L	L	E
R	A	P	A	D	O					
M	I	R	A	C	L	E	O	P	T	I
A	C	E	E	L	M	A	C	S		
G	A	M	M	A	D	A	I	S		
		A	B	A	L	A	B			
A	S	S	E	S	S	E	L	A	T	E
B	E	A	N	A	B	B	T	O	C	O
B	A	L	A	N	A	E	I	N	C	L
A	R	A	D	A	L	E	S	E	E	L

Visitation Valley Police Report

by Ingleside Captain Paul Chignell Suspect in Shooting Arrested

An arrest has been made in the shooting death of Eric Campos on the 3600 block of San Bruno Avenue on May 15. The suspect is 16 years old and is in custody at the Juvenile Justice Center on a murder charge. Anyone with information on this case is encouraged to call Inspectors Dennis Maffei and Dan Everson at (415) 553-1145 during the day and 553-1071 at night. The anonymous tip line is also available at 575-4444.

Police Cases

*On Apr. 16 at 9:21 p.m., officers investigated a traffic accident on the 200 block of Brookdale. One of the drivers, who lives on the 100 block of Tingley, was driving with a suspended license and was uninsured. He was cited and his 2004 Honda was towed.

*On Apr. 17 at 11 a.m., officers went to the first block of Blythdale where a boyfriend had been harassing and threatening to kill his girlfriend. The officers located the suspect on the 200 block of Hahn and arrested him for criminal threats. At 6 p.m., officers were monitoring suspected gang members in the 1500 block of Sunnydale. They encountered one suspect, who had been previously admonished about loitering on Housing Authority property. They arrested the resident of the 300 block of Leland for trespassing. At 10:45 p.m., an officer stopped a vehicle at Hahn and Sunnydale for an equipment violation. The driver, who lives on the first block of Teddy, was driving with a suspended license. He was cited and his 1995 Buick was towed.

*On Apr. 18 at 5:04 p.m., officers on the 1500 block of Sunnydale observed two suspected gang members loitering on Housing Authority property. The residents of the 3000 block of San Bruno and 4800 block of Mission were admonished for trespassing and advised that in the future they would be subject to arrest. At 5:24 p.m., officers spotted a known gang member who has a stayaway order from a business on the 1400 block of Sunnydale loitering at the business. The resident of the 100 block of Jones was arrested.

*On Apr. 19 at 12:10 p.m., officers on the 1500 block of Sunnydale were flagged down by a female victim who had been pushed down some stairs, struck and then threatened. The officers arrested her boyfriend for false imprisonment, domestic violence and threats. At 12:15 p.m., officers went to the 200 block of Blythdale where a boyfriend had beaten his girlfriend. He was arrested for domestic violence. At 4:05 p.m., officers were on patrol at Britton and Visitation when a driver almost hit their car while driving erratically. Other officers came to assist. The officers found that the driver was on parole and was in possession of illegal drugs. The resident of Celito Drive was arrested.

*On Apr. 21 at 1 p.m., an officer stopped a driver at San Bruno and Somerset for a traffic violation. A warrant check revealed that the resident of the 3900 block of San Bruno was wanted on a drug warrant from San Mateo.

*On Apr. 22 at 1 p.m. on the first block of Brookdale, officers admonished a suspected gang member with no local permanent address for trespassing on Housing Authority property. At 2:44 p.m., an officer went to Rutland and Leland on a report of a missing person. He located a suspect who lives on the 300 block of Arleta who was wanted on a drug warrant from San Mateo County.

*On Apr. 23 at 9:35 a.m., officers went to the first block of Brookdale where two individuals were trespassing on Housing Authority property. The admonished the suspects regarding the trespassing and arrested one, a resident of Bruce Avenue, who had an outstanding assault warrant for her arrest.

*On Apr. 24 at 11:55 a.m., officers on the 200 block of Blythdale went to a domestic dispute where a boyfriend had broken a window and kicked in

a door. The resident of the 1000 block of Plymouth was arrested for malicious mischief. At 3:15 p.m. on the 400 block of Raymond a School Resource Officer for Visitation Valley Middle School arrested a juvenile resident of the 1700 block of Sunnydale for assaulting another student on Apr. 23 causing broken blood vessels in the eye, scratches on the face and a swollen nose. The suspect was arrested for felony assault. At 10:44 p.m., officers went to an address on the first block of Garrison where a roommate had struck a victim causing injuries to the face and eye. The suspect was arrested for felony assault and criminal threats.

*On Apr. 25 at 7:07 p.m., officers on the first block of Blythdale spotted a notorious suspect loitering. They knew he was wanted on a warrant. After a struggle and an attempt to run away, the resident of Richmond was arrested on a no bail grand theft warrant. At 11:35 p.m., an officer stopped a vehicle at Mansell and Visitation for speeding. The driver, who lives on the 100 block of Blythdale, was driving with a suspended license. He was cited and his 1992 Ford was towed.

*On Apr. 27 at 12:41 p.m., officers were checking a mini-park on the 100 block of Leland due to neighborhood complaints when they located a suspect, who lives on the 1500 block of McAllister, who was wanted on an assault and trespassing warrant.

*On Apr. 28 at 9:20 p.m. on the 200 block of Blythdale, a woman had been beaten and thrown around her apartment by her cohabitee. She screamed out her window for neighbors to call the police as the suspect had broken her cell phone. Officers arrived on the scene and arrested the suspect for multiple felony counts. The suspect also resides on the 1000 block of Plymouth.

*On Apr. 29 at 6 a.m., officers went to the first block of Blythdale where a cousin had broken some windows after being denied entry to a residence. The officers spotted the suspect nearby who started to flee but was detained. The suspect, who lives in Oakland, was identified and cited for malicious mischief. At 9:20 a.m., an officer stopped a vehicle at Visitation and Cora for a stop sign violation. The driver, who lives on the 100 block of Westpoint, was driving with a suspended license. He was cited and his 2001 GMC was towed. At 12:16 p.m., officers stopped a vehicle at Mansell and Visitation for an equipment and seatbelt violation. The driver was found to be operating the vehicle with a suspended license and had a warrant for the same thing. The driver was also subject to search as a condition of his probation. Officers located a bag of suspected methamphetamine between the driver and a passenger. The suspects, who reside on the 1700 and 1900 block of Sunnydale, were arrested for vehicular and narcotics charges. Their 1993 Cadillac was towed. At 5:15 p.m., officers responded to a domestic violence case on the 1500 block of Visitation where two persons had argued and the male suspect followed the female victim to a bus stop near their residence. He then struck the victim. The suspect was booked on an assault charge. At 6:03 p.m., officers were on patrol on the 1800 block of Sunnydale when one officer saw a suspect standing on the sidewalk who the officer recognized as possibly being involved in recent shootings and who was wanted in a domestic violence case from the previous day. Another officer also arrived on the scene to assist. The officers arrested the suspect for domestic violence, false imprisonment and assault. The officers also received information that the suspect kept a submachine gun under his mattress and that he was on probation with a search condition. Officers went back to the residence and located the loaded submachine gun under the mattress. The suspect was arrested on multiple gun charges as well.

*On Apr. 30 at 7:52 a.m., officers stopped a vehicle at Sunnydale and Bayshore for a seat belt violation. The driver, who lives on the 400 block of Mt. Vernon, was driving with a suspended license and had a warrant from San Mateo County for drunk

driving. At 7 p.m., officers went to the 200 block of Teddy and arrested a stepfather for striking his adult stepdaughter thereby knocking her to the ground. The suspect was booked on two domestic violence charges.

*On May 1 at 4:35 a.m., an officer stopped a vehicle at Bayshore and Blanken for speeding. The driver, who lives on the first block of Arleta, was driving with a suspended license. She was cited and her 1989 Oldsmobile was towed. At 6 p.m., an officer stopped a vehicle at San Bruno and Arleta for going through a red light. The driver, who lives in Daly City, was uncited. He was cited and his 1991 Ford was towed.

*On May 3 at 12:22 a.m., officers went to a dispute call on the 1800 block of Sunnydale. They arrested a resident who lives on the 1700 block for warrants for drunk driving and driving with a suspended license. At 3:17 a.m., officers went to a Housing Authority premise on the first block of Brookdale and cited a squatter. The trespasser resides on the 100 block of Hahn. At 9 a.m., officers went to a residence on the 1900 block of Sunnydale where a brother had been causing trouble at his sister's residence. The brother threatened to kill his sister and then broke a window. The officers arrested the suspect, who lives on Palou, for malicious mischief and criminal threats.

*On May 4 at 9:45 a.m., officers went to Visitation Valley Middle School at 450 Raymond and cited a resident of Cameron Way for a grand theft charge from a prior incident. At 1:29 p.m., officers were observing a suspicious person on the 1700 block of Sunnydale as the area has been plagued by residential burglaries and drug dealing. They contacted the person and a search revealed a large number of packages of crack cocaine in the suspect's pocket. The suspect, who lives on the 1400 block of Kirkwood, started to resist arrest but other officers assisted in subduing the suspect.

*On May 5 at 5:30 p.m., an officer stopped a vehicle at Santos and Sunnydale for a license plate violation. The driver, who lives on the 1900 block of Sunnydale, was uninsured and uncited. He was cited and his 1989 Pontiac was towed. At 6:31 p.m., officers at Leland and Alpha stopped a suspect for running across the street narrowly missing cars. The suspect resisted any attempts to cite him and struck the officers. The resident of the 100 block of Cora was arrested on a number of charges. At 7:04 p.m., officers at Hahn and Sunnydale were seeking a gangster who had been admonished for trespassing on Housing Authority property. The suspect fled on foot and the officers found another suspect, who lives in Vallejo, who was wanted on a no bail parole warrant. At 10:30 p.m., an officer stopped a vehicle at Santos and Blythdale for an equipment violation. The driver, who lives on the 500 block of Velasco, was driving with a suspended license and was uninsured. He was cited and his 1998 Plymouth was towed.

*On May 6 at 6:10 a.m., officers went to the first block of Brookdale where a suspect with no permanent local address had threatened a woman, slapped her across the face, broke a window and then climbed into a vacant housing unit. The suspect was arrested on a multitude of charges. At 7:53 a.m., officers went to Harvard and Bacon on a report of a suspicious vehicle with multiple occupants. One suspect emerged from a nearby park and was found to have a probation search condition. The resident of Pittsburg was searched and found to have brass knuckles. He was arrested on a weapons charge. At 9:35 p.m., an officer stopped a vehicle at Santos and Velasco for an equipment violation. The driver, who lives on the 400 block of Sunrise, was uncited. He was cited and his 1990 Toyota was towed. *On May 9 at 2:12 p.m., officers from the San Francisco Police Department Fugitive Recovery Enforcement team and a police sergeant went to an address on the 400 block of Wilde and arrested a suspect for a burglary and fraud warrant from the Contra Costa County Sheriff. At 7:38

p.m., officers on the first block of Blythdale stopped a vehicle for an equipment violation. The driver, who lives on the 500 block of Francisco, was driving with a suspended license and was wanted on an arrest warrant from the Pacifica Police Department for the same thing. He was arrested and his 1987 Nissan was towed.

*On May 10 at 5:31 p.m., an officer stopped a vehicle at San Bruno and Silver for a red light violation. The driver, who lives on Dwight, was uncited. He was cited and his 1987 Nissan was towed. At 5:43 p.m., officers stopped a vehicle at Geneva and Carter for an equipment violation. The driver gave conflicting information as to her identity. Finally the officers obtained her correct name and found that the resident of South San Francisco was driving with a suspended license and had a warrant for her arrest from Alameda County for drunk driving.

*On May 11 at 5:31 p.m., officers on the first block of Brookdale were on patrol in the Sunnydale Housing area monitoring gang members. They located a juvenile, who has no permanent local address, who had been admonished previously about trespassing on Housing Authority property. The suspect was arrested for trespassing and for a no-bail juvenile warrant for grand theft. At 11:30 p.m., officers stopped a vehicle at Bayshore and Leland for an equipment violation. The driver, who lives on the 100 block of Westpoint, was driving with a suspended license. She was cited and her 1997 Ford was towed.

*On May 12 at 12:35 a.m., officers went to the 600 block of Campbell on a fight in the middle of the street between a husband and wife. An independent witness had seen the woman strike the man several times causing swelling to his eye and a cut to his nose. The woman, who lives on the 600 block of Campbell, was arrested for domestic violence. At 11:26 a.m. on the first block of Garrison, an estranged couple had a dispute over the visitation of a minor child. In the course of the dispute, the male threatened to kill his wife and fled with the 11 year-old child. When the suspect returned several hours later, the resident of the 500 block of Guerrero was arrested by officers for criminal threats. At 3:06 p.m., an officer stopped a vehicle at Garrison and Rey for no seat belt. The driver, who lives in Oakland, was uncited. He was cited and his 2006 Chevrolet was towed.

Police Summaries

*Apr. 16 2:04 p.m., 200 block of Blythdale Ave., burglary, window, no loss.
*Apr. 16 9:21 p.m., First block of Blythdale Ave., shooting, suspect shoots at car, victim hit in cheek, non-life threatening
*Apr. 16 11:20 p.m., 1500 Sunnydale Ave., arson, rear of police substation
*Apr. 17 1:30 p.m., Crocker Amazon Park, robbery, knife, takes Ipod
*Apr. 17 3:10 p.m., First block of Blythdale Ave., burglary, window smash, ransack
*Apr. 17 1000 block of Sunnydale Ave., found 9 year-old boy
*Apr. 18 10:05 a.m., 100 block of Brookdale Ave., burglary, window, three suspects, jewelry taken
*Apr. 18 First block of Brookdale Ave., domestic violence
*Apr. 18 1200 block of Brussels St., ATM fraud
*Apr. 18 First block of Kelloch Ave., breaking windows
*Apr. 18 450 Raymond Ave., threats.
*Apr. 19 8 a.m.-4:30 p.m., First block of Brookdale Ave., burglary, door, money
*Apr. 19 11:20 p.m., First block of Kelloch Ave., robbery, gun, two suspects, ski mask, took car
*Apr. 19 55 Brookdale Ave., found 1989 Toyota
*Apr. 19 426 Delta St., found 2000 Honda
*Apr. 19 1859 Geneva Ave., stolen 1986 Toyota
*Apr. 19 200 block of Schween St., vandalism to vehicle
*Apr. 19 60 Towerside Ave., stolen 1988 Toyota
*Apr. 20 2:30 p.m., 200 block of Oneida Ave., arson, garbage can, lockers
*Apr. 20 9 p.m., 100 block of Hahn St., Shooting/16 year old shot in calf while walking on sidewalk
*Apr. 20 9 p.m. (occurred Apr. 17), 1900 block of Sunnydale Ave., shooting, victim 19, car drives by slowly and fires, graze to knee, no visible injury
*Apr. 20 11:10 p.m., 1300 block of Sunnydale Ave., shooting, windows shot out of vehicle
*Apr. 20 1800 block of Sunnydale Ave., missing 15 year-old girl
*Apr. 21 8:20 p.m., 1400 block of Mansell St., robbery, two suspects, carjacking, victim drunk
*Apr. 21 100 block of Cora St., mental detention, 48 year-old woman
*Apr. 21 200 block of Hahn St., vandalism to vehicle
*Apr. 22 851 Mansell St., found 2000 Mitsubishi
*Apr. 22 First block of Raymond Ave., theft from locked vehicle
*Apr. 22 Rutland and Leland Ave., missing 37 year-

old woman.
*Apr. 22 1600 block of Sunnydale Ave., missing 16 year-old boy
*Apr. 22 1900 block of Sunnydale Ave., breaking windows, suspect known.
*Apr. 22 Visitation Ave. and Mansell St., found 2002 Ford
*Apr. 23 Santos St. and Geneva Ave., missing run-away juvenile, 15 year-old girl
*Apr. 23 1300 block of Sunnydale Ave., breaking windows with BB gun
*Apr. 23 400 block of Sunrise Ave., mental detention, 56 year-old woman
*Apr. 23 300 block of Velasco Ave., medical assist
*Apr. 23 500 block of Visitation Ave., threats, suspect known
*Apr. 24 7:20 a.m.-5:30 p.m., 1700 block of Sunnydale Ave., burglary, window Ipod
*Apr. 24 9:30 a.m.-2:00 p.m., First block of Blythdale Ave., burglary, window, jewelry
*Apr. 24 11:32 p.m., Santos St. and Brookdale Ave., shooting, shots fired into moving vehicle, no injury
*Apr. 24 100 block of Britton St., found 17 year-old girl
*Apr. 24 52 Santos St., stolen 1990 Toyota
*Apr. 25 8 p.m., First block of Santos St., one shot fired, no injury
*Apr. 25 600 block of Velasco Ave., harassing phone calls
*Apr. 26 130 Blythdale Ave., theft from locked vehicle.
*Apr. 26 450 Raymond Ave., detention and release
*Apr. 26 25 Santos St., stolen 1993 Saturn
*Apr. 27 9:10 a.m., San Bruno and Harkness Aves., robbery, purses snatch
*Apr. 27 3:30 p.m., San Bruno Ave. and Bacon St., robbery, Ipod taken, 15 year-old victim, suspect known by name
*Apr. 27 99 Arleta Ave., found 1991 Nissan
*Apr. 27 First block of Garrison Ave., threats, suspect known
*Apr. 28 2:34 a.m., Cambridge and Bacon Sts., robbery, carjacking
*Apr. 28 1:27 p.m., First block of Blythdale Ave., shooting, two victims hit in shoulder and buttocks, uncooperative
*Apr. 28 Crocker Amazon Park, arson of vehicle
*Apr. 28 300 block of Guttenberg St., domestic violence, threats
*Apr. 28 1600 block of Sunnydale Ave., domestic violence
*Apr. 29 2:36 a.m., Hahn St. and Sunnydale Ave., gang member shot in chest, grazed, leg, uncooperative
*Apr. 29 1600 block of Sunnydale Ave., breaking windows
*Apr. 29 1800 block of Sunnydale Ave., breaking windows
*Apr. 30 8:17 a.m., 2200 block of Bayshore Blvd., burglary, window, auto parts
*Apr. 30 2 p.m., 600 block of Campbell Ave., burglary, victim surprises suspect in house, suspect flees.
*Apr. 30 1600 block of Sunnydale Ave., assault, two suspects, mouth bleeding, juveniles
*Apr. 30 2200 block of Bayshore Blvd., burglary, suspect known
*May 1 5:20 p.m., 100 block of Raymond Ave., attempted robbery, juvenile victim, suspect known.
*May 1 100 block of Blythdale Ave., theft from locked vehicle
*May 1 200 block of Raymond Ave., mental detention, 12 year-old boy
*May 1 300 block of Raymond Ave., false vehicle registration
*May 2 200 block of Blythdale Ave., fire, severe smoke damage
*May 3 5 p.m., 200 block of Blythdale Ave., burglary, window, jewelry
*May 3 Leland Ave. and Cora St., recklessly evading an officer, suspect known
*May 4 100 block of Blythdale Ave., domestic violence
*May 4 1800 block of Geneva Ave., found wallet
*May 4 900 block of Girard St., theft, bricks
*May 4 200 block of Rey St., mental Detention, 49 year-old man
*May 5 400 block of Raymond Ave., shots fired
*May 5 100 block of Teddy Ave., missing 14 year-old girl
*May 6 2:38 a.m., 100 block of Garrison Ave., shots fired
*May 6 7:30 a.m., Delta St. and Visitation Ave., attempted robbery, suspect with gun demands money, victim has no money, he flees
*May 6 First block of Brookdale Ave., battery
*May 6 Crocker Amazon Park, found 2007 Pontiac
*May 6 Mansell St. and Visitation Ave., assault
*May 7 5:42 a.m., 2200 block of Bayshore Blvd., robbery, guns, three suspects in ski masks, one customer shot in buttocks.
*May 7 10:30 a.m. (occurred May 4-7) 200 block of Oneida Ave., burglary, school, radio
*May 7 232 Alpha St., found 1996 Dodge
*May 7 1 Blythdale Ave., found 1975 Ford
*May 7 100 block of Britton St., missing 17 year-old girl
*May 8 8:30 a.m., 100 block of Blythdale Ave., burglary, door damaged, attempt, no loss
*May 8 Arleta and Rutland St., theft from locked vehicle
*May 8 First block of Blythdale Ave., trespassers
*May 8 1500 block of Sunnydale Ave., found computer, video game
*May 8 1792 Sunnydale Ave., found 1997 Ford
*May 9 First block of Kelloch Ave., threats
*May 9 First block of Kelloch Ave., malicious mischief
*May 10 First block of Leland Ave., theft, money
*May 11 375 Arleta Ave., stolen 1999 Dodge
*May 11 First block of Blythdale Ave., threats, suspect known
*May 11 400 block of Raymond Ave., suspicious occurrence
*May 11 First block of Santos St., malicious mischief
*May 11 200 block of Sawyer St., malicious mischief
*May 11 1500 block of Sunnydale Ave., burglary items retrieved
*May 11 Visitation Ave. and Mansell St., vandalism, suspect known
*May 12 First block of Kelloch Ave., threats.

Grapevine Puzzler Historic California VII

TERMOCMUTUTTLE TOWNPV
ELIMETIHWBAHCIRUZMAA
DLVILWHIT EIVENITAIWL
MIENLAVBIHSODGH CLOHJ
AVREILBOME OLEGJTWGIE
NNWEVKCTBBNCTCKEIRSA
HAEWTEXIUERAYELMLAKN
ESADTRZXCBTNUSEMDFEL
BUVFAMVZETALOEOHEDSYL
ESGWINLOAOBBRGYALTA
LURHENMLODHFEDTSSLOW
LTVJTENAVCLGHLOIHEWE
ITIHSSTOVEPIPEIPLMWNN
VELYJHHGFD AHBWEAYMZO
ERLEGJHERWTJUOTNR TUT
CCESGNILRITSKLIRRVIS
NRRDFDFHMGHJLHEEDEC
EETYTICTIMMUSIWVPAKA
PEZCVBSGNIRPSWANSEAM
SKMOUNTAINCITYREKALP

Spenceville	Sutter	Valjean	White
Sperry	Creek	Vallecito	Mountain City
Stewartville	Swansea	Venita	White Pot
Stirling	Tailholt	Vernalis	Mine
City	Taison	Volcano	White
Stonewall	Tedmanhebe	Walker Mine	River
Stovepipe	Termo	Wild Rose	Wild Wash
Summit City	Timbuctoo	Camp	Willow
Summit	Tumco	Weaverville	Springs
Lime	Tuttle town	Wells Fargo	Yeomet
Camp	Ubehebe	Lake	Yreka
Susanville	Vail	Whiskeytown	Zurich

Historic Proportions

1881

Match clues to answers.

1. He was succeeded as President of the United States on Mar. 4.
2. Thomas Edison and Alexander Graham Bell formed this on Jan. 25.
3. He was killed on Mar. 13 near his palace when a bomb is thrown at him.
4. Town was incorporated on Feb. 5.
5. Established May 21 by Clara Barton.
6. First U.S. state to prohibit all alcoholic beverages on Feb. 19.
7. At least 620 die here Dec. 8 during a fire at Ring Theatre.
8. On July 20, Sioux chief led last of his fugitive people in surrender to United States troops at Fort Buford in Montana.
9. Famous gunfight on Oct. 26 in Tombstone, AZ.

As a Matter of Fact

*An extended speech used to block a vote on a piece of legislation is called a filibuster.

*The name for the herb called valerian comes from the Roman word valere, which means to be in health.

*The periscope was invented by Thomas Doughty of the United States Navy in 1864.

*The colony of Georgia was named for King George II of England.

*Greyhounds have the best eyesight of any breed of dog.

Grapevine Five Years Ago

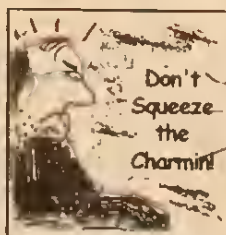
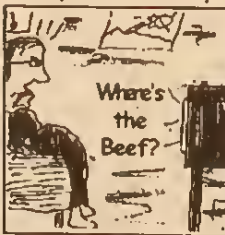
June 2002

*After more than half-a-decade of discussion, planning and eventual construction, John King Senior Community (JKSC) on Raymond Avenue held an eventful grand opening on May 11.

*Visitation Valley Missile School (VVMS) parents were busy helping organize the VVMS/Beacon Parents' Group with several meetings having taken place.

*Official groundbreaking ceremonies for the Third Street Light Rail Project took place May 28 at the Caltrain Depot at Fourth and King streets.

Sump, the Gump



Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: I would like to run for the legislature when I graduate from school. How do I get started? — Student Body President

Poor Rix congratulates you on your decision to serve constituents. Some people just want to be politicians.

Poor Rix never ran for anything at school, except the door when the teacher hollered "Recess!" But here's what friends tell me about politics:

How much money do you need? About three gazillion dollars. This allows you to print campaign posters, buy advertising time, and hire a crowd to show up for your first few speeches.

The fastest way to raise cash is from affluent relatives. Poor Rix used to get rent money from distant cousins by threatening to come live in their guest rooms.

Or, you can gather funds by going door-to-door. Some people call this "building grassroots support." Others call it "begging."

Few candidates run unopposed. Therefore, it's helpful to join a party. Which one? Poor Rix attends all parties, especially ones with ice sculptures on the food table.

During a campaign, you may be forced to debate your competitor. At the debate, respectfully refer to him as "my worthy opponent," not "the slovenly pervert sitting next to me."

Once elected, some legislators serve multiple terms, and eventually retire. A few retire when they take office.

Help, Poor Rix! My cat just ate my bird. Is that bad? — Animal Lover

Sadly, your birdie and kitty are part of a huge "food chain." That means stronger animals often devour weaker ones, and explains why a well-financed politician can usually defeat one with a smaller wallet.

But regarding your situation, eating a bird likely won't hurt the cat. For the bird, however, it's probably fatal.

Hey, Poor Rix: Please settle these ongoing arguments we have at work. Is popcorn really corn? Is the tomato a fruit or vegetable? How about an eggplant? — Office Manager

Popcorn is actually corn. A unicorn is not.

Some people think tomatoes are fruit, and others think they are vegetables. My Uncle Hickory claims tomatoes are a grain, but he's always been kind of a nut.

As for eggplant, I'm clueless. Poor Rix once tried to plant an egg, but it never grew a chicken.

Poor Rix: At night, I get frequent calls from sales people. Does this happen to you? — Larry

Yes. Last night I got a call from a guy who offered ventriloquism lessons. "How do I know they

Children's Events at Valley Branch Library

Following are events in September at the Visitation Valley Branch Library:

*June 5, 12, 19 and 26, Tuesday: Mother Goose on the Loose with stories songs and rhythms for young children ages birth-3 at 11:30 a.m.

*June 5 and 12, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*June 13, Wednesday: Preschool Videos, featuring: The Hat, Ella, the Elegant Elephant and Happy Birthday, Moon for ages 3-5 at 10:30 a.m.

*June 19, Tuesday: Preschool Scavenger Hunt and Stories, The mystery of the missing letters! for ages 3-5 at 10:30 a.m.

*June 26, Tuesday: Il Teatro Calamari Presents Puppet Show The Three Billy Goats Gruff for ages 3-5 at 10:30 a.m.

Visitation Valley Branch Library is located at 45 Leland Ave. (at Desmond Street). Call (415) 355-2848.

work?" I asked.

"Because," he said, "right now my dummy's talking to you, and I'm drinking water."

Hey, Poor Rix: What is the oldest domesticated animal? — Pet Fancier

Probably the dog, who bonded with humans over 12,000 years ago. The second animal domesticated was the Neanderthal bachelor. But many of them returned to the wild.

Poor Rix: I hate houseflies. How long do they live? — Fly Swatter

Far too long! Actually, the average fly lives only 15 days. But if he works out and stays away from insect sprays and bug-zappers, he might make it to 21.

Poor Rix: What can you tell me about eye make-up? — Student

Historians say that the earliest eye glitter was made from lustrous, crushed beetle shells. People wore the shiny stuff awhile, but then it began to bug them.

Ancient cultures also prized early face powder, which contained lots of lead. They applied this deadly substance liberally to their faces and necks. This made them look good but feel bad.

Sadly, many died. Maybe that's where we get the term "drop-dead gorgeous."

Dear Poor Rix: What do you know about the best real estate buy ever made? — Land Owner

I suppose it would be Peter Minuet's 1636 purchase of Manhattan for \$24 plus some trinkets and beads. Coincidentally, Poor Rix spent the identical amount on his wife for our anniversary. Dear Poor Rix: What do you think about the current business climate? --

Grapevine Classified

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.

- *Getting nervous and upset
- *Feeling sick on a regular basis
- *Feeling like punching out something or someone
- *Feeling like screaming
- *Can't sleep
- *Watching television all night
- *Simply not in a happy frame of mind
- *Problem making the right choices.

If you are experiencing any of these symptoms, we need to talk with you. Visitation Valley Jobs, Education and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

GRAPEVINE DISPLAY ADVERTISING: new limited time rates: Full Page \$60; 1/2 Page \$33.75; 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8; 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. Classified: 20 words for \$1. Extra line 50 cents. Ad and payments should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Worried

Poor Rix believes that weak economic times are like cold sores. No matter what you do, they eventually get better.

How long does it take a chicken to hatch eggs? -- Curious

A long time. But time means nothing to a chicken.

Actually, it takes about 21 days for a chick to come out of its shell...longer if it's shy.

Dear Poor Rix: Since you claim to be bookish, who invented libraries? — Librarian

Ancient Mesopotamians deserve the credit. They originally created books by marking on wet clay tablets. When these dried...instant heavy reading!

Then these smart people — with tons of texts — built libraries to house their volumes.

Unfortunately, few ancient books survive. And they don't have many pictures, because it's tough to draw with a chisel.

Poor Rix: I'm about to attend my 20-year high school reunion. Will I enjoy it? — Grad

Poor Rix has never been to a reunion, because he has no class.

But seriously, folks tell me they attend reunions for three reasons: (1) to find out what happened to their best friends, (2) to see how much older everyone else looks, and (3) to display a new figure or a new spouse.

Hey, Poor Rix, have you ever been to a fortune-teller? — Futurist

Yep. She looked into her crystal ball and said, "Your future looks cloudy." So I said, "Maybe you need some glass cleaner."

Poor Rix — who wrote the book "Words That Stick" — welcomes your questions to rixquinn@charter.net.

WCC BOARD MEETINGS:

Visitation Valley Community Center (VCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 2nd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitation Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE 20TH ANNIVERSARY special issue with neighborhood history still available, mailed anywhere in U.S. for \$1. Send to: Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

VOLUNTEERS WANTED for VVCCA After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCCA After School coordinator. (415) 585-2059.

Crossword Puzzle

Solution on Page 8

ACROSS	1 Lamb's pen	5 Ger. exclamation	11 Seaweed	38 Absolute (abbr.)
5 Knot lace	16 Malt liquor	21 Artificial language	40 Arabic letter	
8 Maori seagoing canoe	17 Tibetan priest	24 Brit. halfpenny	41 Fortification of felled trees	
12 Concentrated (abbr.)	18 Serpent worship	25 Amazon tributary	43 Hindu prayer position	
13 Cheer	20 Helm	26 Rapid eye movement (abbr.)	45 Father: Hebrew	
14 King killed by Samuel	22 Old Irish	27 Ancient times	46 Cauterize	
15 Ger. exclamation	23 Bustle	29 Jap. porgy	47 Room (Sp.)	
16 Malt liquor	24 Marvel	30 Science of (suf.)	49 Accent	
17 Tibetan priest	25 Of the aya	31 Central standard time (abbr.)	50 Lo (Lat.)	
18 Serpent worship	32 One-spot	34 Drone (2 words)	51 Bun	
20 Helm	33 Tree	37 Bacchante	54 Formal dance (Fr.)	
22 Old Irish	35 Amer. Cancer Society (abbr.)			
23 Bustle	36 Greek letter			
24 Marvel	39 Arp			
25 Of the aya	42 Camel hair cloth			
32 One-spot	44 Science class			
33 Tree	45 Evaluate			
35 Amer. Cancer Society (abbr.)	48 Plant filament			
36 Greek letter	52 Legume			
	53 Warp yarn			
	55 S.A. toucan			
	56 Geological epoch			
	57 No (Scot.)			
	58 Included (abbr.)			
	59 Jack-in-the-pulpit			
	60 Pub fare			
	61 Blind in falconry			
DOWN	1 Spoken alphabet letter	2 Circular turn	3 Move little by little	4 Canna plant
2 Circular turn	5 Tread	6 Mulberry of India	7 Greek letter	8 Smash
3 Move little by little	9 Bedouin headband cord	10 Ridge created by a glacier		

Visitacion Valley Business Directory

Valley free listings in the 415 area code.
Call the Grapevine at (415) 467-9300.

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHERS AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
LITTLE QUAPPO BAKE SHOP, 169 Leland Ave., 239-2263

BARBERS
BARBERSHOP, 3570 San Bruno Ave., 724-4398
DEMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 160A Leland Ave., 239-6709

BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
LUCKY HAIR, 2436 Bayshore Blvd., 586-8288
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENAS SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6065
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
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Voice of Small Business

Simplify the Tax Code

by Todd Stottlemeyer

You could hear the sighs of relief as millions of tax returns were dropped at post offices across the land; another tax deadline has come and gone. But at the same time, many taxpayers were left scratching their heads, wondering why filing a return is so hard.

Certainly small-business owners are wondering. According to an NFIB Research Foundation Small Business Poll on Tax Complexity and the IRS, 88 percent of small-employer taxpayers used a tax professional to prepare their most recent federal tax return. For those employers who employ 20 or more people, the percentage increased to 95 percent. Nearly 27 percent admit that the laws and requirements are just too complex for them to do their own taxes.

The two reasons small-employer taxpayers most frequently cited for using tax professionals are to assure that they properly comply with tax laws, and the sheer complexity of the law. Only about one in four report that they even try to understand the law. For example:

*95 percent of small-employer taxpayers think that the depreciation provisions of the tax code apply to them, but just 15 percent think they have a good understanding of depreciation requirements.

*93 percent think the accrual method of accounting rules apply to them, but just 16 percent think they have a good understanding of the requirements.

Other provisions that small-employer taxpayers most frequently rely on their tax professional to understand for them include the amounts subject to self-employment tax, capital gains or losses on investments, and the Alternative Minimum Tax. The AMT was originally intended to ensure that the extremely wealthy pay at least some tax, but will affect approximately

23.4 million Americans this year.

Of course, every dollar that a small-business owner has to pay a professional is a dollar that can't be invested in growing the business or providing employees with better pay or benefits. Reforming or repealing the AMT would be a big step Congress could take to keep small-business owners from having to figure their taxes twice. But there are some easy things that Congress can do to help simplify the code and the many forms required for a tax return.

Creating a standard deduction for use of a home office would allow more small businesses to take advantage of the deduction that they're entitled to, but don't because it's too hard to calculate under current law. At the same time, simplifying Schedule C to make the form more user-friendly would benefit the self-employed and sole proprietors, as well as encouraging better compliance with the tax laws.

Expanding eligible investments for Section 179 expensing, which allows the deduction to be taken in the same year the expense is recorded, would reduce record-keeping burdens required for depreciation purposes. Similarly, codifying the law allowing small-business owners to use cash-basis accounting rather than accrual basis would greatly reduce record-keeping burdens, since small businesses wouldn't have to track nearly as many transactions.

You may remember that the Internal Revenue Service was forced to change its ways in the mid-90s after a Senate investigation spotlighted numerous cases of taxpayer abuse. Those efforts appear to be paying off, as 53 percent of small-business taxpayers report that their dealings with the IRS were either "generally" or "very" satisfactory. Simplifying the tax code would go along way toward ensuring that the two sides maintain good relations.

Todd Stottlemeyer is president and CEO of the National Federation of Independent Business in Washington, D.C.

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

Second Series of
Interacting with Your
Child Through Games
and Activities
Thursday, June 14
5:30 - 7 p.m.

Free dinner, books and educational games.
Participants with children ages 0-5 encouraged.

First Series of
Parents' Support Group
Thursday, June 7
5:30 - 7:30 p.m.
Part II:
Teaching Parents the Difference
of Respect and Control

Free dinner and childcare!
Participants with children ages 0-5 encouraged.
Facilitated by Julia Carmen, Before The After

Every Wednesday

June 6, 13, 20 and 27
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments



Free Food Distribution

Every Monday,
3 - 4 p.m.
June 4, 11, 18 and 25
Emergency food box
available anytime.
Call (415) 586-6998,
Monday-Friday,
9 a.m.-5 p.m.

June 2007 Activities

held at 161 Leland Avenue
except where noted

Enhanced Information and Referral

Every Monday Through Friday
June 1 to 30, 9 a.m. - 5 p.m.

Parents Committee Meeting

Friday, June 1, 5:30 - 7 p.m.

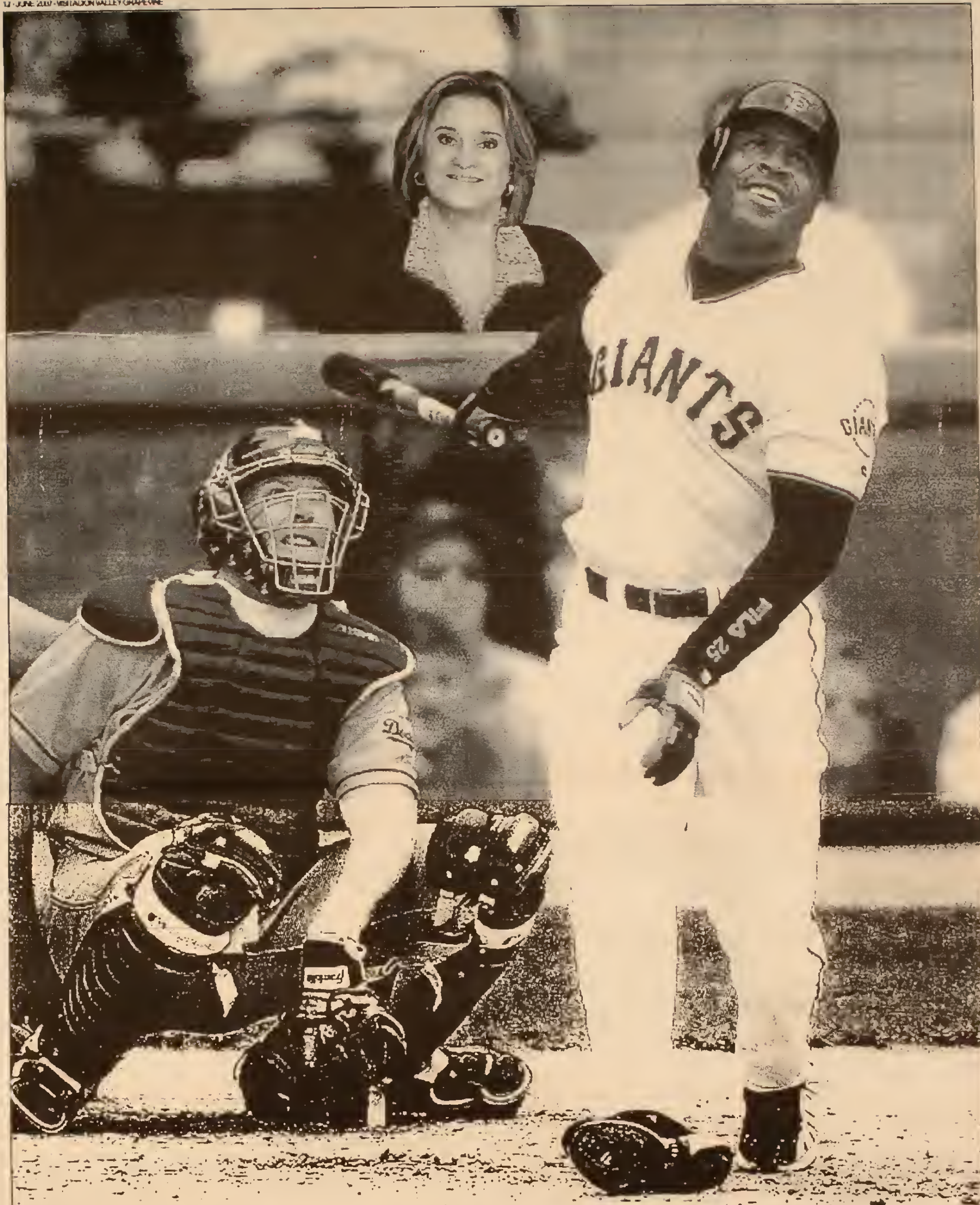
Child Passenger Safety Educational Workshop

5:45 - 7:45 p.m.
Thursday, June 7 at 450 Raymond Ave. (VV Beacon)
Thursday, June 21 at 103 Tucker Ave.
Thursday, June 29 at 161 Leland Ave.
Learn about the California laws and how to properly install a car/booster seat in your vehicle. Call 586-6998 or 586-6046 for more information.



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